



French Pear Pie

READY IN



90 min.

SERVINGS



8

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 1 juice of lemon juiced
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 6 large pears peeled sliced
- ☐ 1 9-inch unbaked single pie crust ()
- ☐ 0.7 cup sugar white

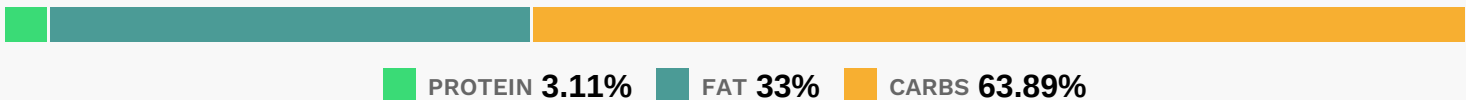
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Sprinkle pears with lemon juice in a bowl.
- ☐ Mix white sugar and nutmeg in a separate small bowl; sprinkle over pears and mix thoroughly.
- ☐ Fit pie crust into the bottom of a 9-inch pie dish.
- ☐ Cut butter, brown sugar, and flour together in a bowl using a pastry cutter until mixture resembles crumbs. Spoon pear mixture into pie shell and sprinkle top with brown sugar mixture.
- ☐ Bake in the preheated oven for 10 minutes. Reduce oven temperature to 350 degrees F (175 degrees C) and bake until filling is bubbling and crumble topping is lightly browned, about 35 more minutes.

Nutrition Facts



Properties

Glycemic Index:37.73, Glycemic Load:27.96, Inflammation Score:-5, Nutrition Score:8.0956521202689%

Flavonoids

Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin:

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 489.07kcal (24.45%), Fat: 18.53g (28.5%), Saturated Fat: 9.43g (58.93%), Carbohydrates: 80.72g (26.91%), Net Carbohydrates: 74.28g (27.01%), Sugar: 46.97g (52.19%), Cholesterol: 30.5mg (10.17%), Sodium: 199.59mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Fiber: 6.43g (25.73%), Manganese: 0.31mg (15.67%), Folate: 59.58µg (14.89%), Vitamin B1: 0.21mg (14.28%), Vitamin C: 8.87mg (10.75%), Selenium: 7.31µg (10.44%), Vitamin B2: 0.17mg (10.19%), Iron: 1.8mg (10.01%), Vitamin K: 10.45µg (9.96%), Copper: 0.19mg (9.61%), Vitamin B3: 1.9mg (9.51%), Vitamin A: 398.27IU (7.97%), Potassium: 267.39mg (7.64%), Phosphorus: 60.1mg (6.01%), Magnesium: 21.24mg (5.31%), Vitamin E: 0.67mg (4.44%), Vitamin B6: 0.08mg (3.87%), Calcium: 38.06mg (3.81%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.42mg (2.78%)