



## Fresh Pear Ginger Crisp

READY IN



50 min.

SERVINGS



9

CALORIES



391 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 2 tablespoons flour all-purpose
- 1 cup gingersnaps crushed ( 20 cookies)
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.5 cup rolled oats
- 2.5 pounds pears peeled thinly sliced
- 0.1 teaspoon salt

9 servings whipped cream

## Equipment

bowl

oven

baking pan

## Directions

In a small bowl, combine the first six ingredients. With clean hands, work butter into oat mixture until well combined. Refrigerate for 15 minutes.

Place pears in a small bowl; add flour and toss to coat.

Transfer to a greased 8-in. square baking dish; sprinkle with oat mixture.

Bake, uncovered, at 350° for 35–40 minutes or until topping is golden brown and fruit is tender.

Serve warm with ice cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:29.19, Glycemic Load:16.78, Inflammation Score:-5, Nutrition Score:8.4004347790842%

## Flavonoids

Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 390.87kcal (19.54%), Fat: 15.8g (24.32%), Saturated Fat: 9.19g (57.46%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 55.6g (20.22%), Sugar: 40.69g (45.21%), Cholesterol: 47.12mg (15.71%), Sodium: 214mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.5mg (24.78%), Fiber: 5.17g (20.68%), Vitamin B2: 0.25mg (14.48%), Calcium: 120.68mg (12.07%), Phosphorus: 117.77mg (11.78%), Vitamin A: 519.82IU (10.4%), Potassium: 358.61mg (10.25%), Copper: 0.18mg (9.15%), Iron: 1.46mg (8.14%), Magnesium: 32.33mg (8.08%), Vitamin C: 5.81mg (7.05%), Folate: 27.93µg (6.98%), Vitamin B1: 0.1mg (6.78%), Vitamin K: 6.82µg (6.49%), Selenium: 4.09µg (5.84%), Vitamin B5: 0.58mg (5.77%), Zinc: 0.84mg (5.6%), Vitamin E: 0.69mg (4.61%), Vitamin B6: 0.09mg (4.58%), Vitamin B12: 0.27µg (4.53%), Vitamin B3: 0.86mg (4.29%)