



Ginger-Cherry-Pear Crisp with Oatmeal Topping

 Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



456 kcal

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.8 cup butter cold
- ☐ 1 cup walnut pieces chopped
- ☐ 6 medium pears peeled cut into 1-inch pieces (7 cups)
- ☐ 5.5 oz cherries dried
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons ground ginger

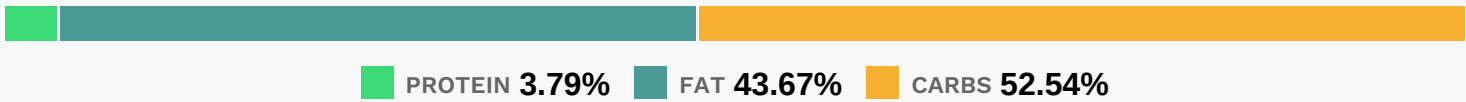
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, place cookie mix.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are the size of peas.
- ☐ Remove 1 cup crumb mixture to small bowl; stir in walnuts. Set aside for topping. Press remaining crumb mixture into bottom of dish.
- ☐ In another large bowl, toss pears, cherries, brown sugar and ginger; spoon over crust.
- ☐ Sprinkle reserved crumb/nut mixture over fruit.
- ☐ Bake 40 to 50 minutes or until topping is golden brown and edges are bubbly. Cool about 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:4.09, Inflammation Score:-6, Nutrition Score:6.0486956931975%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 456.2kcal (22.81%), Fat: 22.41g (34.48%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 60.66g (20.22%), Net Carbohydrates: 54.93g (19.97%), Sugar: 39.59g (43.99%), Cholesterol: 0mg (0%), Sodium: 181.74mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Manganese: 0.49mg (24.48%), Fiber: 5.73g (22.93%), Vitamin A: 993.06IU (19.86%), Copper: 0.23mg (11.59%), Magnesium: 23.19mg (5.8%), Potassium: 181.3mg (5.18%), Iron: 0.9mg (5.01%), Phosphorus: 48.42mg (4.84%), Vitamin C: 3.98mg (4.83%), Vitamin B6: 0.08mg (4.17%), Vitamin E: 0.61mg (4.1%), Folate: 16.02µg (4%), Vitamin K: 4.18µg (3.98%), Vitamin B1: 0.06mg (3.81%), Calcium: 37.7mg (3.77%), Vitamin B2: 0.06mg (3.24%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.12mg (1.19%), Selenium: 0.81µg (1.15%)