



Ginger-Pear Crumble

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

DESSERT

Ingredients

- 3.5 pounds bosc pears cored peeled quartered
- 1 pecan brown sugar crust (prebaked)
- 0.3 cup flour
- 2 tablespoons flour all-purpose
- 2 teaspoons ginger freshly grated
- 1 pinch ground cinnamon
- 0.3 cup brown sugar light
- 0.5 teaspoon orange zest

0.3 cup sugar

Equipment

bowl

oven

mixing bowl

Directions

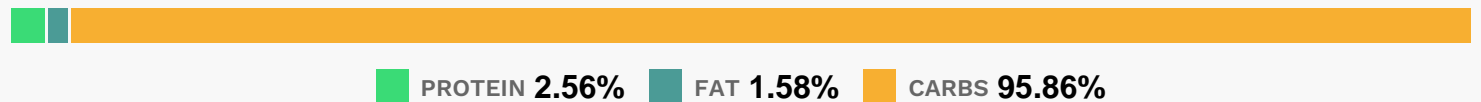
Preheat oven to 375 F. Position a rack in lower third of oven. Slice each pear quarter into bite-size pieces and place them in a large mixing bowl.

Add the zest, sugar, flour, and ginger; toss gently. Spoon the fruit into the prepared crust. To make the crumble topping, combine the reserved crust mixture, flour, brown sugar, and cinnamon in a small bowl.

Sprinkle over the pear filling and bake until the topping is golden brown and the fruit is tender, 50 to 55 minutes.

Let cool before slicing.

Nutrition Facts



Properties

Glycemic Index:34.61, Glycemic Load:17.85, Inflammation Score:-2, Nutrition Score:4.8656521620958%

Flavonoids

Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 193.42kcal (9.67%), Fat: 0.37g (0.56%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 43.54g (15.83%), Sugar: 34.48g (38.31%), Cholesterol: 0mg (0%), Sodium: 4.21mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Fiber: 6.34g (25.38%), Vitamin C: 8.73mg (10.58%), Copper: 0.18mg (8.81%), Vitamin K: 8.76µg (8.34%), Manganese: 0.14mg (7.25%), Potassium: 248.31mg (7.09%), Folate: 24.64µg (6.16%), Vitamin B2: 0.08mg (4.83%), Vitamin B1: 0.07mg (4.63%), Magnesium: 16.05mg (4.01%), Iron: 0.69mg (3.81%), Vitamin B3: 0.67mg (3.37%), Selenium: 2.3µg (3.28%), Vitamin B6: 0.06mg (3.2%), Phosphorus: 30.55mg (3.05%), Calcium: 25.15mg (2.52%), Vitamin E: 0.24mg (1.63%), Zinc: 0.24mg (1.63%), Vitamin B5: 0.13mg (1.34%)