



Gingered Pear-Apple Betty

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 2 cups jonathan apple peeled sliced
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 5 ounce cinnamon-raisin bread cubed
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons butter melted
- ☐ 2.5 cups pears firm peeled sliced
- ☐ 0.3 cup water

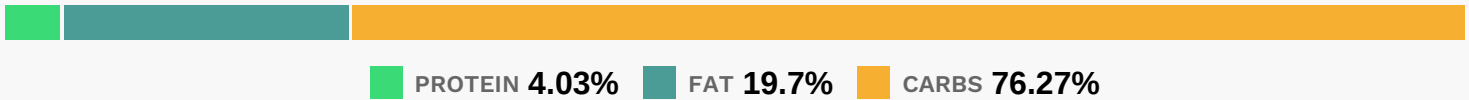
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place bread cubes in a food processor; process until finely ground.
- ☐ Combine 1 cup breadcrumbs, pear, apple, sugar, and ginger in a bowl; stir well. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Add water and lemon juice.
- ☐ Combine the remaining breadcrumbs and margarine, and sprinkle over pear mixture.
- ☐ Bake at 350 for 40 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:23.29, Glycemic Load:12.55, Inflammation Score:-3, Nutrition Score:4.9030435532331%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 5.66mg, Epicatechin: 5.66mg, Epicatechin: 5.66mg, Epicatechin: 5.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 216.44kcal (10.82%), Fat: 4.97g (7.65%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 39.19g (14.25%), Sugar: 26.72g (29.69%), Cholesterol: 0mg (0%), Sodium: 131.54mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Fiber: 4.11g (16.44%), Manganese: 0.17mg (8.68%), Vitamin C: 6.77mg (8.21%), Folate: 32.16µg (8.04%), Vitamin B2: 0.12mg (7.34%), Selenium: 4.94µg (7.06%), Vitamin B1: 0.1mg (6.46%), Copper: 0.12mg (6.06%), Potassium: 199.39mg (5.7%), Iron: 0.95mg (5.26%), Vitamin B3: 0.98mg (4.92%), Vitamin A: 206.5IU (4.13%), Vitamin K: 4.27µg (4.07%), Phosphorus: 40.35mg (4.03%), Magnesium: 14.56mg (3.64%), Calcium: 36.27mg (3.63%), Vitamin B6: 0.06mg (3.03%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.26mg (1.74%)