



Gingered Pear Crisp

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.3 cup brown sugar light packed
- ☐ 2.5 pounds pears ripe
- ☐ 0.5 cup rolled oats instant (not)
- ☐ 0.3 teaspoon salt fine
- ☐ 4 tablespoons butter unsalted cut into small dice ()

☐ 0.5 cup walnut pieces finely chopped

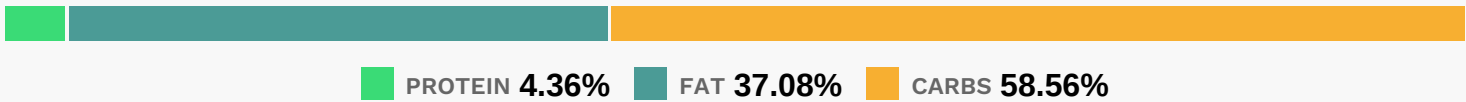
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 350°F and arrange a rack in the middle. Coat an 8-by-8-inch baking dish with butter and set aside.
- ☐ Cut the pears in half and core them, then cut them again into 1/4-inch-thick slices.
- ☐ Combine them with the lemon juice in a large, nonreactive bowl and toss to coat.
- ☐ Place all of the ingredients in a medium bowl and mix together until evenly combined and clumped. Scatter over the pears and bake until the pears are fork tender, the mixture is bubbly, and the topping is browned, about 45 to 50 minutes.
- ☐ Let sit at least 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:10.45, Inflammation Score:-4, Nutrition Score:6.9182608289563%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 252.85kcal (12.64%), Fat: 11.04g (16.98%), Saturated Fat: 4.15g (25.91%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 33.64g (12.23%), Sugar: 23.02g (25.58%), Cholesterol: 15.05mg (5.02%), Sodium: 78.05mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Manganese: 0.61mg (30.31%), Fiber: 5.57g (22.27%), Copper: 0.27mg (13.33%), Vitamin C: 6.92mg (8.38%), Magnesium: 31.1mg (7.77%), Folate: 28.94µg (7.24%), Vitamin B1: 0.11mg (7.14%), Phosphorus: 71.22mg (7.12%), Potassium: 238.89mg (6.83%), Vitamin K: 7.04µg (6.71%), Selenium: 4.02µg (5.74%), Iron: 1.03mg (5.73%), Vitamin B2: 0.08mg (4.96%), Vitamin B6: 0.09mg (4.69%), Vitamin A: 212IU (4.24%), Zinc: 0.61mg (4.04%), Vitamin B3: 0.71mg (3.54%), Calcium: 33mg (3.3%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.21mg (2.14%)