



Gingered Pear Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 4 ounces crystallized ginger minced
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 3 pounds pears ripe peeled chopped (8 pears)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

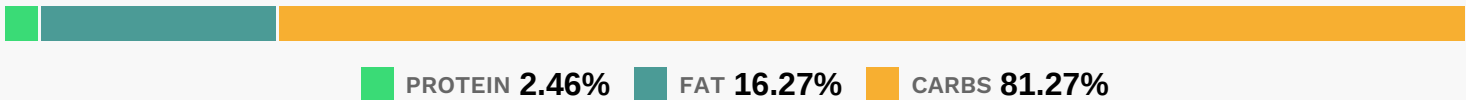
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, combine the first 3 ingredients in a large bowl.
- ☐ Sprinkle with 2 tablespoons flour; toss gently to coat. Spoon filling into an 8-inch square baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon 3/4 cup flour into dry measuring cups; level with a knife.
- ☐ Combine 3/4 cup flour, 2 tablespoons flour, 1/2 cup sugar, and salt in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add ginger and honey; stir just until moistened.
- ☐ Sprinkle over filling.
- ☐ Bake at 375 for 40 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:42.92, Glycemic Load:23.42, Inflammation Score:-3, Nutrition Score:4.4747826236746%

Flavonoids

Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 262.31kcal (13.12%), Fat: 4.94g (7.6%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 50.99g (18.54%), Sugar: 39.49g (43.88%), Cholesterol: 12.2mg (4.07%), Sodium: 156.47mg (6.8%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 1.68g (3.36%), Fiber: 4.52g (18.1%), Folate: 29.72µg (7.43%), Manganese: 0.15mg (7.31%), Vitamin C: 5.88mg (7.13%), Vitamin B1: 0.1mg (6.8%), Copper: 0.13mg (6.54%), Vitamin K: 6.42µg (6.11%), Selenium: 4µg (5.72%), Vitamin B2: 0.1mg (5.66%), Potassium: 174.99mg (5%), Iron: 0.78mg (4.36%), Vitamin B3: 0.87mg (4.36%), Vitamin A: 175.84IU (3.52%), Magnesium: 12.21mg (3.05%), Phosphorus: 29.71mg (2.97%), Vitamin B6: 0.05mg (2.3%), Vitamin E: 0.3mg (2.01%), Calcium: 15.86mg (1.59%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.13mg (1.25%)