

# Grape Pear Crisp

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



284 kcal

DESSERT

## Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup brown sugar packed
- 0.3 cup butter cold cubed
- 0.5 cup flour all-purpose divided
- 1.5 cups grapes seedless halved
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 15 ounces pears drained sliced canned

- 0.5 teaspoon salt
- 0.5 cup walnut pieces finely chopped

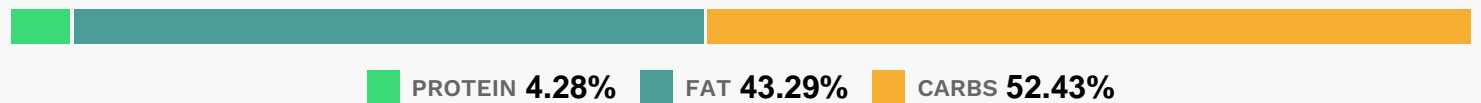
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a bowl, combine the grapes, pears, 2 tablespoons flour and extract until blended. Spoon into a lightly greased 8-in. square baking dish. In another bowl, combine brown sugar, salt, cinnamon, nutmeg and remaining flour; cut in butter until mixture resembles coarse crumbs. Stir in walnuts; sprinkle over fruit.
- Bake at 375° for 30 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:50.46, Glycemic Load:12.05, Inflammation Score:-4, Nutrition Score:6.641304406135%

## Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 283.51kcal (14.18%), Fat: 14.32g (22.03%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 35.48g (12.9%), Sugar: 24.95g (27.72%), Cholesterol: 20.34mg (6.78%), Sodium: 259.93mg (11.3%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 3.19g (6.38%), Manganese: 0.49mg (24.52%), Copper: 0.28mg (14.16%), Fiber: 3.53g (14.13%), Vitamin B1: 0.15mg (10.02%), Vitamin K: 9.61µg (9.15%), Folate:

34.81µg (8.7%), Vitamin B2: 0.11mg (6.73%), Magnesium: 26.82mg (6.7%), Potassium: 227.92mg (6.51%), Phosphorus: 64.04mg (6.4%), Iron: 1.13mg (6.28%), Selenium: 4.36µg (6.23%), Vitamin B6: 0.12mg (5.78%), Vitamin A: 281.28IU (5.63%), Vitamin C: 4.39mg (5.32%), Vitamin B3: 0.93mg (4.65%), Calcium: 34.81mg (3.48%), Zinc: 0.49mg (3.25%), Vitamin E: 0.45mg (3.02%), Vitamin B5: 0.18mg (1.82%)