



Harvest Pear Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 3 cups bartlett pears cored peeled sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 5 tablespoons butter chilled
- ☐ 1 teaspoon cinnamon divided
- ☐ 0.5 cup flour all-purpose divided
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup sugar divided
- ☐ 3 tablespoons water

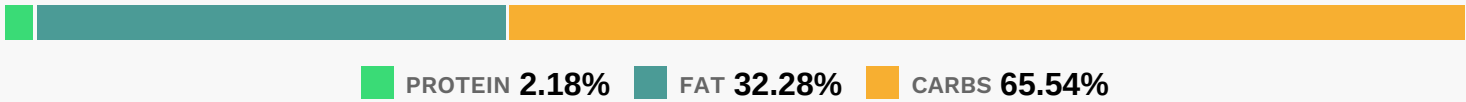
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a bowl, combine pears, water, lemon juice, 1/4 cup sugar, 2 tablespoons flour and 1/2 teaspoon cinnamon. Toss to mix.
- ☐ Spread in an 8"x8" baking pan sprayed with non-stick vegetable spray. In a separate bowl, cut together butter, brown sugar and remaining sugar, flour and cinnamon until crumbly.
- ☐ Sprinkle over pear mixture.
- ☐ Bake at 350 degrees for 45 minutes, or until pears are tender.

Nutrition Facts



Properties

Glycemic Index:40.18, Glycemic Load:20.81, Inflammation Score:-3, Nutrition Score:3.6039130882077%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 266.04kcal (13.3%), Fat: 9.74g (14.98%), Saturated Fat: 6.01g (37.59%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 41.86g (15.22%), Sugar: 32.41g (36.01%), Cholesterol: 25.08mg (8.36%), Sodium: 79.09mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Fiber: 2.64g (10.54%), Manganese: 0.16mg (8.1%), Vitamin A: 312.28IU (6.25%), Vitamin B1: 0.09mg (6.1%), Folate: 24.22µg (6.06%), Selenium: 3.94µg (5.63%), Vitamin C: 4.06mg (4.92%), Vitamin B2: 0.08mg (4.55%), Iron: 0.72mg (4.01%), Copper: 0.08mg (3.89%), Vitamin B3: 0.75mg (3.76%), Vitamin K: 3.61µg (3.44%), Potassium: 101.18mg (2.89%), Vitamin E: 0.37mg (2.48%), Phosphorus: 22.53mg (2.25%), Calcium: 22.15mg (2.22%), Magnesium: 7.97mg (1.99%), Vitamin B6: 0.03mg (1.43%), Vitamin B5: 0.1mg (1.04%), Zinc: 0.15mg (1.01%)