



Harvest Pear Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 6 cups bartlett pears cored cut lengthwise into 1/2-inch-thick slices (3 pounds)
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon divided
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup regular oats
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts coarsely chopped

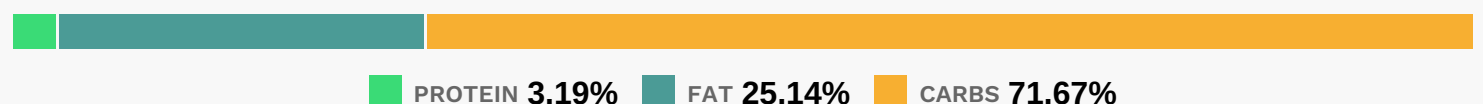
Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine pears and lemon juice in a 2-quart baking dish; toss gently to coat.
- ☐ Combine granulated sugar, cornstarch, and 1 teaspoon cinnamon; stir with a whisk.
- ☐ Add cornstarch mixture to pear mixture; toss well to coat.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour, 1/2 teaspoon cinnamon, brown sugar, and salt in a food processor; pulse 2 times or until combined.
- ☐ Add chilled butter; pulse 6 times or until mixture resembles coarse meal.
- ☐ Add oats and walnuts; pulse 2 times.
- ☐ Sprinkle flour mixture evenly over pear mixture.
- ☐ Bake at 375 for 40 minutes or until pears are tender and topping is golden brown. Cool 20 minutes on a wire rack; serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:14.66, Inflammation Score:-2, Nutrition Score:4.9147826135159%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 248.95kcal (12.45%), Fat: 7.12g (10.95%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 41.46g (15.08%), Sugar: 32.03g (35.59%), Cholesterol: 11.29mg (3.76%), Sodium: 184.61mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Manganese: 0.4mg (19.88%), Fiber: 4.2g (16.78%), Copper: 0.17mg (8.5%), Vitamin C: 5.41mg (6.55%), Vitamin B1: 0.08mg (5.49%), Folate: 21.19µg (5.3%), Magnesium: 19.6mg (4.9%), Selenium: 3.34µg (4.77%), Potassium: 163.3mg (4.67%), Iron: 0.83mg (4.63%), Phosphorus: 46.01mg (4.6%), Vitamin K: 4.66µg (4.43%), Vitamin B2: 0.07mg (3.97%), Vitamin A: 162.55IU (3.25%), Calcium: 32.31mg (3.23%), Vitamin B6: 0.06mg (2.99%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.37mg (2.5%), Vitamin E: 0.3mg (2.01%), Vitamin B5: 0.15mg (1.53%)