



## Harvest Pear Crisp with Candied Ginger

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



378 kcal

DESSERT

### Ingredients

- 0.5 cup flour
- 2 tablespoons cornstarch
- 0.3 cup candied ginger
- 0.5 cup t brown sugar dark packed ()
- 0.5 teaspoon ground cinnamon
- 1 cup rolled oats
- 4 pounds pears firm cored ripe peeled cut into 1/2-inch cubes ( 6 cups) (6 to 7 large)
- 0.3 teaspoon sea salt fine

- 0.5 cup sugar
- 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- 0.5 cup almonds raw whole coarsely chopped

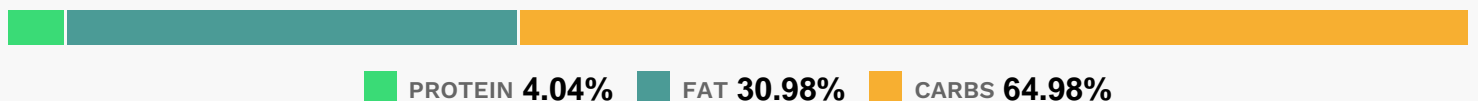
## Equipment

- bowl
- oven
- whisk

## Directions

- Whisk first 4 ingredients in medium bowl.
- Add butter. Working quickly so butter does not soften, rub in with fingertips until moist clumps form. Stir in oats, almonds, and ginger. Chill while preparing filling. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- Preheat oven to 350°F.
- Whisk first 4 ingredients in large bowl.
- Add pears; toss.
- Transfer to 13 x 9 x 2-inch oval baking dish.
- Sprinkle topping over pear mixture.
- Bake until topping is crisp and golden brown and juices are bubbling, about 50 minutes.
- Serve warm.
- Per serving: 301.3 kcal calories, 35.2 % calories from fat
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:23.68, Glycemic Load:20.43, Inflammation Score:-5, Nutrition Score:9.1391305793887%

## Flavonoids

Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

## **Nutrients (% of daily need)**

Calories: 377.56kcal (18.88%), Fat: 13.65g (21%), Saturated Fat: 6.24g (39.01%), Carbohydrates: 64.44g (21.48%), Net Carbohydrates: 56.86g (20.68%), Sugar: 41.41g (46.01%), Cholesterol: 24.4mg (8.13%), Sodium: 65.75mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Manganese: 0.61mg (30.69%), Fiber: 7.57g (30.29%), Vitamin E: 2.35mg (15.68%), Copper: 0.27mg (13.6%), Magnesium: 45.9mg (11.47%), Vitamin B2: 0.18mg (10.47%), Phosphorus: 99.59mg (9.96%), Vitamin C: 7.81mg (9.46%), Potassium: 316.96mg (9.06%), Vitamin K: 8.99µg (8.56%), Vitamin B1: 0.12mg (8.23%), Folate: 30.34µg (7.58%), Selenium: 5.29µg (7.56%), Iron: 1.33mg (7.38%), Vitamin A: 329.36IU (6.59%), Calcium: 53.74mg (5.37%), Vitamin B3: 1.03mg (5.14%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.08mg (3.91%), Vitamin B5: 0.27mg (2.68%), Vitamin D: 0.17µg (1.13%)