



Homestead Pear Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 12 bartlett pears cored peeled cut into 1/2-inch pieces (5 pounds)
- ☐ 0.3 cup brown sugar packed
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons cornstarch
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 cup regular oats
- ☐ 0.3 teaspoon salt

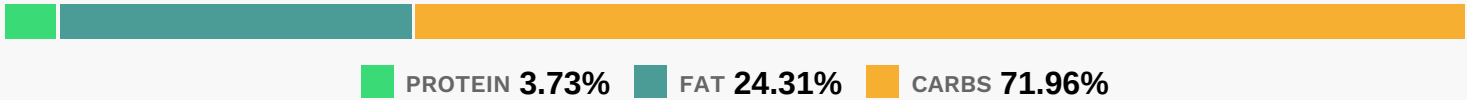
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crisp, combine the first 6 ingredients in a large bowl; toss well. Spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, 1/3 cup sugar, and 1/2 teaspoon cinnamon in a large bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle flour mixture over the pear mixture.
- ☐ Bake at 350 for 1 hour or until topping is golden and fruit is tender.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:13.19, Inflammation Score:-3, Nutrition Score:6.1943478253872%

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: 237.17kcal (11.86%), Fat: 6.47g (9.95%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 36.49g (13.27%), Sugar: 23.33g (25.93%), Cholesterol: 15.05mg (5.02%), Sodium: 97.65mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Fiber: 6.58g (26.34%), Manganese: 0.43mg (21.26%), Vitamin C: 8.82mg (10.69%), Copper: 0.18mg (8.92%), Vitamin K: 7.54µg (7.18%), Potassium: 224.16mg (6.4%), Vitamin B1: 0.1mg (6.35%), Selenium: 4.13µg (5.9%), Folate: 23.37µg (5.84%), Magnesium: 22.31mg (5.58%), Phosphorus: 55.59mg (5.56%), Iron: 0.96mg (5.33%), Vitamin B2: 0.09mg (5.06%), Vitamin A: 226.15IU (4.52%), Vitamin B3: 0.7mg (3.49%), Calcium: 31.46mg (3.15%), Vitamin B6: 0.06mg (2.99%), Zinc: 0.44mg (2.96%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.19mg (1.94%)