



Impossibly Easy Pear-Custard Pie

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



201 kcal

DESSERT

Ingredients

- 0.5 cup pancake mix
- 0.3 cup oats
- 0.3 cup brown sugar packed
- 0.5 teaspoon nutmeg
- 1 tablespoon butter softened
- 0.5 cup pancake mix
- 0.3 cup granulated sugar
- 0.5 cup milk

- 2 tablespoons butter softened
- 2 eggs
- 3 cups pears fresh peeled sliced

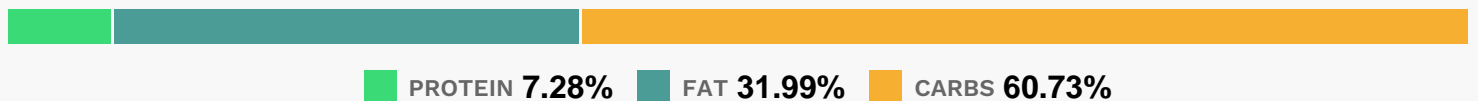
Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- blender

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
- In small bowl, stir 1/2 cup Bisquick™ mix, the oats, brown sugar and nutmeg.
- Cut in 1 tablespoon butter, using pastry blender (or pulsing 2 table knives though ingredients in opposite directions), until crumbly. Set aside.
- In medium bowl, stir all pie ingredients except pears with wire whisk or fork until blended.
- Pour into pie plate. Arrange pears evenly over top.
- Bake 25 minutes.
- Sprinkle streusel over pie.
- Bake 12 to 15 minutes longer or until knife inserted in center comes out clean. Cool on cooling rack 30 minutes.
- Serve warm. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:47.48, Glycemic Load:9.77, Inflammation Score:-2, Nutrition Score:4.8943478853806%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 200.63kcal (10.03%), Fat: 7.37g (11.34%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 29.06g (10.57%), Sugar: 21.72g (24.13%), Cholesterol: 65.57mg (21.86%), Sodium: 139.94mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Phosphorus: 108.7mg (10.87%), Fiber: 2.44g (9.78%), Selenium: 6.37µg (9.1%), Manganese: 0.17mg (8.64%), Vitamin B2: 0.14mg (8.47%), Calcium: 73.76mg (7.38%), Vitamin A: 271.15IU (5.42%), Magnesium: 18.75mg (4.69%), Potassium: 160.51mg (4.59%), Vitamin B1: 0.07mg (4.48%), Folate: 16.38µg (4.09%), Vitamin B12: 0.24µg (4.07%), Copper: 0.08mg (3.98%), Iron: 0.69mg (3.82%), Vitamin B5: 0.37mg (3.7%), Vitamin B6: 0.07mg (3.41%), Vitamin C: 2.7mg (3.27%), Zinc: 0.48mg (3.19%), Vitamin K: 3.18µg (3.03%), Vitamin D: 0.39µg (2.59%), Vitamin E: 0.34mg (2.23%), Vitamin B3: 0.35mg (1.77%)