



Matzo Crisp with Pear, Apple and Cranberries

 Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp allspice
- ☐ 0.3 cup brown sugar
- ☐ 0.5 tsp cinnamon
- ☐ 12 oz cranberries fresh
- ☐ 15 servings whipped cream for serving, if desired (use a dairy free ice cream to keep this dessert pareve)
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1.5 lbs gala apple diced cored peeled
- ☐ 8 tbsp butter unsalted chilled cut into 1-inch pieces

- ☐ 0.8 cup matzo meal
- ☐ 3 tbsp minute tapioca
- ☐ 0.3 tsp nutmeg
- ☐ 1 tsp orange-flower water
- ☐ 2 tbsp orange juice
- ☐ 0.5 tsp orange zest
- ☐ 1.5 lbs pears diced cored peeled
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 0.3 tsp salt
- ☐ 2 tbsp sugar
- ☐ 1 tsp vanilla extract
- ☐ 0.3 cup granulated sugar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan

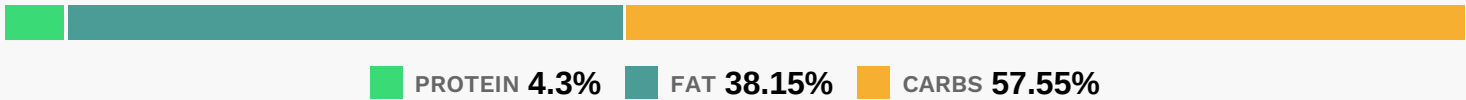
Directions

- ☐ Preheat oven to 375 degrees. In a mixing bowl, toss together all filling ingredients and stir gently till combined.
- ☐ Let the mixture stand for 15 minutes. Meanwhile, in a food processor, combine the first 7 topping ingredients – matzo meal, brown sugar, sugar, cinnamon, nutmeg, allspice and salt. Pulse a few times till ingredients are blended.
- ☐ Add nuts and unsalted butter or margarine pieces to the processor. Continue to pulse till the mixture is combined and crumbly. Do not over-process-- you want some texture to the nuts

and bits of butter in the mix. If you don't have a processor, you can instead mix the dry ingredients in a bowl, then add the butter mixture with your fingers or a pastry blender. Work the butter into the mixture till a crumbly texture forms. Grease the baking dish with butter or nonstick cooking spray.

- ☐ Pour filling mixture into your baking dish and spread it in an even layer.
- ☐ Sprinkle the topping evenly over the top of the fruit filling.
- ☐ Place the baking dish on a cookie sheet – this will catch any overflow of fruit juice in the oven.
- ☐ Put the crisp and cookie sheet in the oven and let it bake for 50–60 minutes, turning once during baking, till the crisp topping is lightly browned.
- ☐ Remove the crisp from the oven and allow to cool for at least 15 minutes before serving.
- ☐ Serve the crisp warm topped with vanilla ice cream or crme frache, if desired.Store any leftover crisp in the refrigerator. Reheat before serving.Note: You could also make this for Passover, though it may be hard to find minute tapioca with a Passover kosher hechsher if you're strict about hechshers. Technically tapioca would be allowed on Passover, but minute tapioca that is certified for Passover can be hard to find.

Nutrition Facts



Properties

Glycemic Index:31.8, Glycemic Load:18.15, Inflammation Score:-5, Nutrition Score:7.2269566318263%

Flavonoids

Cyanidin: 12.28mg, Cyanidin: 12.28mg, Cyanidin: 12.28mg, Cyanidin: 12.28mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 11.16mg, Peonidin: 11.16mg, Peonidin: 11.16mg, Peonidin: 11.16mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 6.11mg, Epicatechin: 6.11mg, Epicatechin: 6.11mg, Epicatechin: 6.11mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 369.5kcal (18.47%), Fat: 16.12g (24.8%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 50.41g (18.33%), Sugar: 38.79g (43.1%), Cholesterol: 29.04mg (9.68%), Sodium: 165.95mg (7.22%), Alcohol: 0.1g (100%), Alcohol %: 0.06% (100%), Protein: 4.09g (8.18%), Fiber: 4.32g (17.27%), Manganese: 0.33mg (16.36%), Vitamin B2: 0.22mg (12.81%), Vitamin A: 600.44IU (12.01%), Calcium: 108.79mg (10.88%), Vitamin C: 8.91mg (10.81%), Phosphorus: 104.6mg (10.46%), Potassium: 296.24mg (8.46%), Copper: 0.15mg (7.51%), Magnesium: 25.41mg (6.35%), Vitamin E: 0.9mg (6%), Selenium: 4.18µg (5.97%), Vitamin B5: 0.58mg (5.76%), Vitamin B1: 0.09mg (5.76%), Vitamin B6: 0.11mg (5.54%), Zinc: 0.71mg (4.77%), Vitamin B12: 0.26µg (4.41%), Vitamin K: 4.48µg (4.27%), Iron: 0.66mg (3.68%), Folate: 13.98µg (3.49%), Vitamin B3: 0.55mg (2.77%)