



Pear, Almond, and Dried-Cherry Brown Betty

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



622 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 3 tablespoons brandy (clear pear brandy)
- ☐ 0.5 cup cherries dried
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.5 cup honey

- ☐ 0.3 cup juice of lemon fresh
- ☐ 10.5 pounds pears firm cored ripe peeled halved cut into 1-inch cubes (such as Bosc or Bartlett)
- ☐ 0.5 teaspoon sea salt fine
- ☐ 5 tablespoons butter unsalted melted
- ☐ 10 servings whipped cream
- ☐ 1.5 cups water hot

Equipment

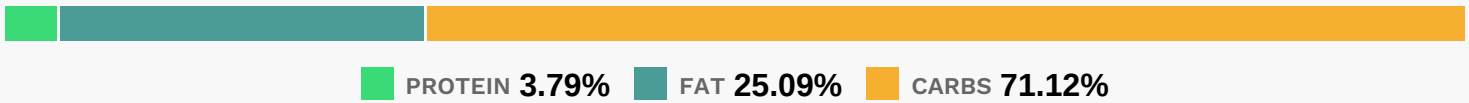
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Combine cherries and brandy in small bowl;let soak until cherries soften, 1 to 2 hours.
- ☐ Drain (reserve brandy for another use).
- ☐ Preheat oven to 375°F.
- ☐ Combine breadpieces and almonds in processor. Usingon/off turns, blend until mixture resemblesvery coarse crumbs.
- ☐ Spread crumb mixtureevenly on rimmed baking sheet.
- ☐ Bake untilcrumb mixture is light golden and crisp,about 16 minutes.
- ☐ Transfer crumb mixtureto medium bowl; toss with melted butter.Set aside. Maintain oven temperature.
- ☐ Mix 1 1/2 cups hot water and honey in2-cup measuring cup.
- ☐ Combine drainedcherries, brown sugar, lemon juice, lemonpeel, cinnamon, nutmeg, sea salt, andcloves in large bowl; stir to blend well.

- ☐ Add pear cubes and toss to coat.
- ☐ Butter 9x9x2-inch metal baking pan.
- ☐ Sprinkle 1/3 of crumb mixture over bottom of prepared baking pan.
- ☐ Spread half of pear mixture over crumb mixture. Top with 1/3 of crumb mixture, then remaining pear mixture.
- ☐ Sprinkle remaining crumb mixture evenly over.
- ☐ Pour water-honey mixture over.
- ☐ Cover pan tightly with foil and bake 30 minutes.
- ☐ Remove foil and bake uncovered until crumb mixture is golden brown on top and pear filling is bubbling thickly at edges, about 45 minutes longer.
- ☐ Remove from oven and cool at least 20 minutes. do ahead Can be made 1 day ahead. Cool completely, then cover and chill. Rewarm uncovered in 300°F oven 15 to 20 minutes.
- ☐ Serve warm with vanilla ice cream.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:38, Inflammation Score:-7, Nutrition Score:16.062173972959%

Flavonoids

Cyanidin: 12.12mg, Cyanidin: 12.12mg, Cyanidin: 12.12mg, Cyanidin: 12.12mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 18.31mg, Epicatechin: 18.31mg, Epicatechin: 18.31mg, Epicatechin: 18.31mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 622.12kcal (31.11%), Fat: 18.27g (28.11%), Saturated Fat: 8.57g (53.53%), Carbohydrates: 116.49g (38.83%), Net Carbohydrates: 99.77g (36.28%), Sugar: 86.49g (96.1%), Cholesterol: 44.09mg (14.7%), Sodium: 180.51mg (7.85%), Alcohol: 1.5g (100%), Alcohol %: 0.3% (100%), Protein: 6.21g (12.42%), Fiber: 16.72g (66.87%), Vitamin C: 23.81mg (28.87%), Manganese: 0.54mg (26.98%), Copper: 0.53mg (26.33%), Vitamin B2: 0.4mg (23.5%), Potassium: 799.81mg (22.85%), Vitamin E: 3.31mg (22.07%), Vitamin K: 21.92µg (20.88%), Magnesium: 70.8mg (17.7%), Phosphorus: 176.01mg (17.6%), Calcium: 168.82mg (16.88%), Vitamin A: 577.5IU (11.55%), Folate: 42.94µg (10.74%), Vitamin B6: 0.2mg (9.9%), Zinc: 1.29mg (8.57%), Iron: 1.47mg (8.15%), Vitamin B1: 0.11mg (7.17%), Vitamin B5: 0.72mg (7.16%), Vitamin B3: 1.23mg (6.17%), Vitamin B12: 0.27µg (4.49%), Selenium: 2.4µg (3.42%), Vitamin D: 0.24µg (1.58%)