



Pear, Almond, and Dried-Cherry Brown Betty

READY IN



45 min.

SERVINGS



10

CALORIES



639 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

- ☐ 2 teaspoons lemon zest finely grated
- ☐ 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
- ☐ 24 inch sandwich bread white with crust (such as buttermilk bread), torn into pieces (6 cups)

Equipment

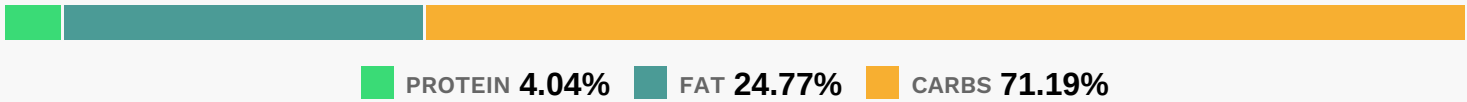
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

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. Using on/off turns, blend until mixture resembles very coarse crumbs.
- ☐ Spread crumb mixture evenly on rimmed baking sheet.
- ☐ Bake until crumb mixture is light golden and crisp, about 16 minutes.
- ☐ Transfer crumb mixture to medium bowl; toss with melted butter. Set aside. Maintain oven temperature.
- ☐ Mix 1 1/2 cups hot water and honey in 2-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 bottomof prepared baking pan.
- ☐ Spread half of pearmixture over crumb mixture. Top with1/3 of crumb mixture, then remaining pearmixture.
- ☐ Sprinkle remaining crumb mixtureevenly over.
- ☐ Pour water-honey mixture over.
- ☐ Cover pan tightly with foil and bake30 minutes.
- ☐ Remove foil and bake uncovereduntil crumb mixture is golden brown on topand pear filling is bubbling thickly at edges,about 45 minutes longer.
- ☐ Remove from ovenand cool at least 20 minutes. do ahead Canbe made 1 day ahead. Cool completely, thencover and chill. Rewarm uncovered in300°F oven 15 to 20 minutes.
- ☐ Serve warm with vanilla ice cream.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.68, Glycemic Load:40.14, Inflammation Score:-7, Nutrition Score:16.786521543627%

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: 638.77kcal (31.94%), Fat: 18.49g (28.44%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 119.55g (39.85%), Net Carbohydrates: 102.65g (37.33%), Sugar: 86.83g (96.48%), Cholesterol: 44.09mg (14.7%), Sodium: 209.61mg (9.11%), Alcohol: 1.5g (100%), Alcohol %: 0.29% (100%), Protein: 6.79g (13.58%), Fiber: 16.9g (67.6%), Vitamin C: 24.33mg (29.49%), Manganese: 0.58mg (28.78%), Copper: 0.53mg (26.73%), Vitamin B2: 0.41mg (24.38%), Potassium: 807.58mg (23.07%), Vitamin E: 3.32mg (22.16%), Vitamin K: 21.93µg (20.89%), Phosphorus: 182.95mg (18.29%), Calcium: 182.22mg (18.22%), Magnesium: 72.51mg (18.13%), Folate: 49.76µg (12.44%), Vitamin A: 577.77IU (11.56%), Vitamin B6: 0.2mg (10.22%), Iron: 1.67mg (9.3%), Vitamin B1: 0.14mg (9.24%), Zinc: 1.34mg (8.94%), Vitamin B3: 1.53mg (7.63%), Vitamin B5: 0.75mg (7.5%), Selenium: 3.81µg (5.45%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.24µg (1.58%)