



Pear-Almond Crumble

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 3 pounds bosc pear cubed peeled
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup caramel sundae syrup fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups vanilla yogurt fat-free frozen
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup stick margarine chilled cut into small pieces

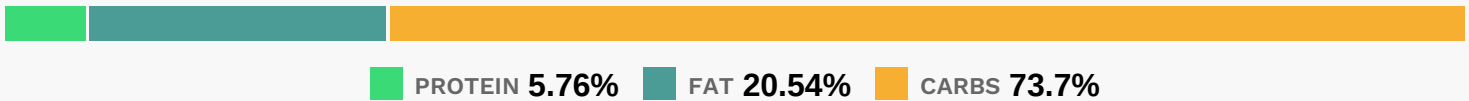
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and sugar in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in almonds.
- ☐ Combine pear and lemon juice in a large bowl. Spoon pear mixture into an 8-inch square baking dish; sprinkle with crumb mixture.
- ☐ Bake at 375 for 50 minutes or until golden brown. Spoon pear mixture evenly into 8 bowls; top each serving with 1/4 cup frozen yogurt and 1 1/2 teaspoons syrup.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:8.0182608884314%

Flavonoids

Cyanidin: 3.57mg, Cyanidin: 3.57mg, Cyanidin: 3.57mg, Cyanidin: 3.57mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg

Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 319.13kcal (15.96%), Fat: 7.64g (11.76%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 61.7g (20.57%), Net Carbohydrates: 55.9g (20.33%), Sugar: 45.76g (50.85%), Cholesterol: 1.23mg (0.41%), Sodium: 135.08mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Fiber: 5.8g (23.21%), Calcium: 133.51mg (13.35%), Vitamin B2: 0.22mg (13.21%), Phosphorus: 118.92mg (11.89%), Manganese: 0.23mg (11.3%), Potassium: 370.81mg (10.59%), Vitamin C: 8.52mg (10.33%), Selenium: 6.85µg (9.79%), Copper: 0.19mg (9.5%), Folate: 33.54µg (8.39%), Magnesium: 31.49mg (7.87%), Vitamin K: 8.18µg (7.79%), Vitamin B1: 0.11mg (7.5%), Vitamin E: 1.12mg (7.47%), Vitamin A: 320.83IU (6.42%), Vitamin B12: 0.31µg (5.13%), Zinc: 0.76mg (5.07%), Iron: 0.9mg (5.02%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.09mg (4.39%), Vitamin B5: 0.17mg (1.67%)