



Pear-Amaretti Crumble

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.3 cup amaretti cookie crumbs (4 cookies)
- ☐ 2 tablespoons brown sugar
- ☐ 4 teaspoons butter chilled cut into small pieces
- ☐ 1.3 cups vanilla yogurt frozen low-fat
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup marsala wine dry
- ☐ 2.8 cups pears thinly sliced

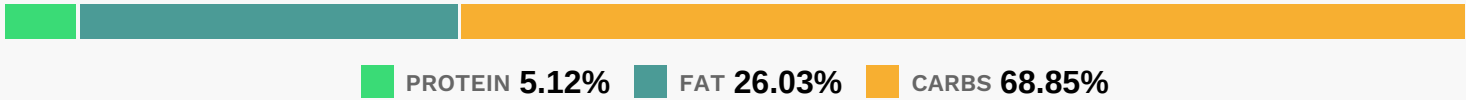
Equipment

- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 50
- ☐ Combine first 4 ingredients, tossing to coat. Divide pear mixture evenly among 4 (8-ounce) ramekins; drizzle each serving with 1 tablespoon Marsala. Spoon 1 tablespoon crumbs over each serving; top each serving with 1 teaspoon butter.
- ☐ Bake at 500 for 8 minutes or until filling bubbles and topping browns. Top each serving with 1/3 cup frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:4.92, Inflammation Score:-3, Nutrition Score:4.6947826017504%

Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 255.93kcal (12.8%), Fat: 7.32g (11.26%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 39.78g (14.47%), Sugar: 35.15g (39.06%), Cholesterol: 11.71mg (3.9%), Sodium: 99.99mg (4.35%),

Alcohol: 2.3g (100%), Alcohol %: 1.48% (100%), Protein: 3.24g (6.48%), Fiber: 3.77g (15.08%), Vitamin C: 7.24mg (8.78%), Calcium: 86.88mg (8.69%), Vitamin B2: 0.14mg (8.33%), Phosphorus: 78.35mg (7.84%), Potassium: 257.32mg (7.35%), Copper: 0.12mg (6.03%), Vitamin K: 5.36µg (5.11%), Vitamin A: 254.86IU (5.1%), Magnesium: 16.76mg (4.19%), Manganese: 0.08mg (4.05%), Vitamin B5: 0.39mg (3.89%), Vitamin B6: 0.08mg (3.78%), Iron: 0.53mg (2.93%), Folate: 11.65µg (2.91%), Selenium: 1.9µg (2.71%), Vitamin B12: 0.15µg (2.46%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.33mg (2.21%), Vitamin E: 0.31mg (2.06%), Vitamin B3: 0.36mg (1.81%)