



## Pear and Almond Brown Betty

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.3 cup firmly brown sugar dark packed
- 24 gingersnaps crushed ( 2 cups crumbs)
- 58 oz pears in juice undrained sliced canned
- 1 cup cool whip whipped topping thawed

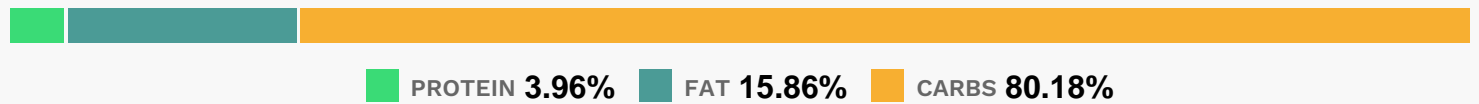
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 325F.
- Drain pears, reserving 1/2 cup of the pear juice. Set reserved juice aside for later use.
- Spread half of the pear slices in lightly greased 9-inch square baking dish; sprinkle with half of the cookie crumbs. Repeat layers with remaining pears and remaining cookie crumbs; sprinkle evenly with almonds.
- Combine 1/2 cup reserved pear juice and the sugar; drizzle over ingredients in baking dish.
- Bake 25 to 30 min. or until hot and bubbly. Cool slightly.
- Serve warm topped with the whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:0.94, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.2339130505596%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 42.93kcal (2.15%), Fat: 0.8g (1.23%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.96g (2.9%), Sugar: 5.32g (5.91%), Cholesterol: 0.03mg (0.01%), Sodium: 20.37mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Fiber: 1.15g (4.6%), Manganese: 0.08mg (3.96%), Copper: 0.04mg (2.13%), Vitamin C: 1.41mg (1.71%), Iron: 0.3mg (1.67%), Potassium: 56.12mg (1.6%), Vitamin K: 1.58µg (1.5%), Vitamin B2: 0.03mg (1.47%), Folate: 5.48µg (1.37%), Magnesium: 5.39mg (1.35%), Vitamin E: 0.2mg (1.32%), Phosphorus: 10.1mg (1.01%)