



Pear and Cheddar Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 6 cups bosc pears peeled sliced
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup sharp cheddar cheese shredded

☐ 0.3 cup butter unsalted

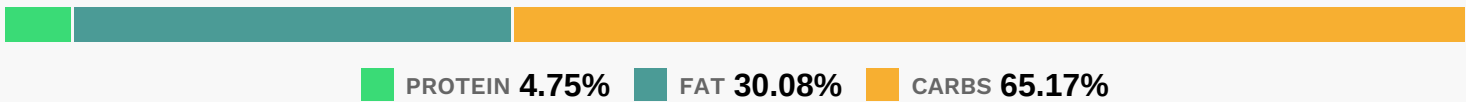
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Butter a 2-quart casserole dish.
- ☐ Toss pears with lemon juice in a bowl.
- ☐ Combine 1/2 cup light brown sugar, cornstarch, cinnamon, and cloves together in a separate bowl.
- ☐ Add sugar mixture to pear mixture; toss to coat.
- ☐ Transfer to the prepared casserole dish.
- ☐ Sprinkle pear mixture with Cheddar cheese.
- ☐ Combine flour and 1/2 cup light brown sugar in a food processor; pulse to mix.
- ☐ Cut butter into flour mixture until crumb consistency.
- ☐ Sprinkle topping over Cheddar cheese layer.
- ☐ Bake in the preheated oven until top is golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23.96, Glycemic Load:12.98, Inflammation Score:-4, Nutrition Score:6.7378261089325%

Flavonoids

Cyanidin: 3.32mg, Cyanidin: 3.32mg, Cyanidin: 3.32mg, Cyanidin: 3.32mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg

6.05mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 322.11kcal (16.11%), Fat: 11.22g (17.26%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 49.23g (17.9%), Sugar: 33.62g (37.35%), Cholesterol: 29.75mg (9.92%), Sodium: 70.1mg (3.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Fiber: 5.46g (21.85%), Manganese: 0.23mg (11.63%), Calcium: 103.11mg (10.31%), Selenium: 6.8µg (9.71%), Vitamin C: 7.9mg (9.58%), Folate: 33.3µg (8.33%), Copper: 0.16mg (8.18%), Vitamin B2: 0.14mg (8.15%), Phosphorus: 77.63mg (7.76%), Vitamin K: 8.14µg (7.75%), Vitamin A: 371.92IU (7.44%), Vitamin B1: 0.1mg (7%), Potassium: 236.01mg (6.74%), Iron: 0.97mg (5.37%), Magnesium: 18.47mg (4.62%), Vitamin B3: 0.91mg (4.55%), Zinc: 0.6mg (4.02%), Vitamin B6: 0.07mg (3.36%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.2µg (1.32%)