



## Pear and Cherry Crisp with Almond Custard Sauce

READY IN



80 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup oats
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons cherries dried
- ☐ 4 cups pears cored peeled sliced
- ☐ 1 cup cherries frozen pitted
- ☐ 0.3 cup granulated sugar

- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon almond extract
- ☐ 8 oz vanilla pudding fat-free refrigerated
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.3 teaspoon almond extract

## Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 375°F. In small bowl, mix oats, brown sugar, 3 tablespoons flour and the butter until crumbly. Stir in dried cherries; set aside.
- ☐ In 8-inch square (2-quart) glass baking dish, mix remaining fruit crisp ingredients.
- ☐ Sprinkle oat mixture over filling; press slightly.
- ☐ Bake 30 to 35 minutes or until topping is golden brown and mixture is bubbly. Cool 15 minutes.
- ☐ Meanwhile, in small bowl, mix all sauce ingredients.
- ☐ Serve fruit crisp with sauce.

## Nutrition Facts



## Properties

Glycemic Index:42.98, Glycemic Load:15.93, Inflammation Score:-4, Nutrition Score:5.4713043777839%

## Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin:

0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 313.6kcal (15.68%), Fat: 3.79g (5.82%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 69.5g (23.17%), Net Carbohydrates: 65.25g (23.73%), Sugar: 50.02g (55.57%), Cholesterol: 0.37mg (0.12%), Sodium: 224.19mg (9.75%), Alcohol: 0.13g (100%), Alcohol %: 0.1% (100%), Protein: 2.68g (5.35%), Manganese: 0.42mg (21.2%), Fiber: 4.25g (16.99%), Magnesium: 31.24mg (7.81%), Selenium: 5.17µg (7.39%), Vitamin B1: 0.1mg (6.94%), Phosphorus: 66.98mg (6.7%), Copper: 0.12mg (6.19%), Vitamin A: 292.66IU (5.85%), Vitamin C: 4.73mg (5.73%), Potassium: 197.1mg (5.63%), Iron: 0.96mg (5.32%), Vitamin B2: 0.09mg (5.17%), Folate: 19.45µg (4.86%), Vitamin K: 4.18µg (3.98%), Calcium: 32.66mg (3.27%), Zinc: 0.44mg (2.96%), Vitamin B3: 0.57mg (2.85%), Vitamin B6: 0.05mg (2.48%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.28mg (1.84%)