



Pear and Dried-Cherry Crisp with Nutmeg-Walnut Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 4.5 pounds bosc pears cored ripe peeled cut into 1-inch cubes (8 cups)
- ☐ 9 ounces cherries dried
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons orange peel finely grated
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract
- ☐ 12 servings whipped cream sweetened
- ☐ 1.5 cups walnuts coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Whisk first 4 ingredients in medium bowl.
- ☐ Add butter; rub in with fingertips until mixture begins to clump together.
- ☐ Mix in walnuts. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Place first 6 ingredients in medium skillet. Stir over medium-high heat until sugar dissolves and mixture comes to boil.
- ☐ Add cherries; reduce heat to medium and simmer until cherries begin to soften and liquid is slightly reduced, about 5 minutes.
- ☐ Remove from heat and cool.
- ☐ Preheat oven to 375°F. Generously butter 13x9x2-inch glass baking dish. Toss pears and dried cherry mixture in large bowl; spread in baking dish.
- ☐ Sprinkle streusel mixture over.
- ☐ Bake until bubbling and golden, about 1 hour; cool.
- ☐ Serve warm or at room temperature with whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:28.82, Glycemic Load:21.75, Inflammation Score:-5, Nutrition Score:9.7208695968856%

Flavonoids

Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 376.06kcal (18.8%), Fat: 19.46g (29.94%), Saturated Fat: 6.91g (43.17%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 43.59g (15.85%), Sugar: 29.67g (32.97%), Cholesterol: 30.72mg (10.24%), Sodium: 57.14mg (2.48%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 4.8g (9.6%), Manganese: 0.69mg (34.7%), Fiber: 7.15g (28.59%), Copper: 0.41mg (20.51%), Vitamin C: 12.13mg (14.7%), Folate: 52.9µg (13.22%), Vitamin B1: 0.18mg (12.3%), Magnesium: 41.45mg (10.36%), Potassium: 336.66mg (9.62%), Phosphorus: 92.18mg (9.22%), Vitamin B2: 0.14mg (8.41%), Vitamin K: 8.7µg (8.29%), Vitamin A: 406.73IU (8.13%), Iron: 1.44mg (7.99%), Selenium: 5.41µg (7.73%), Vitamin B6: 0.15mg (7.36%), Vitamin B3: 1.27mg (6.35%), Zinc: 0.74mg (4.95%), Calcium: 47.71mg (4.77%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.28mg (2.83%)