



Pear and Dried-Cherry Custard Crisp

READY IN



45 min.

SERVINGS



8

CALORIES



565 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 3.5 pounds but bosc pears firm cored ripe peeled cut into 1 1/2-inch chunks (8 cups)
- ☐ 6 ounces cherries dried
- ☐ 1 cup crème fraîche
- ☐ 2 large eggs
- ☐ 6 tablespoons brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2.5 teaspoons lemon zest finely grated

- ☐ 0.3 cup pecans
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup regular sugar (superfine sugar)
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream french

Equipment

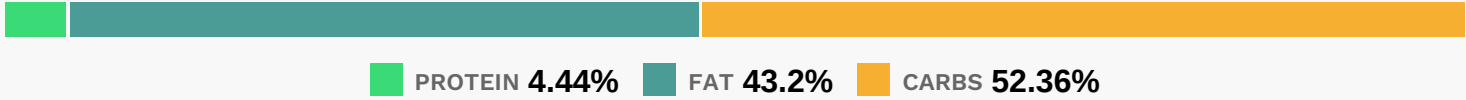
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Mix first 6 ingredients in medium bowl.
- ☐ Add melted butter and vanilla extract; stir with fork until soft crumbly dough forms. (Can be made up to 6 hours ahead. Cover; let stand at room temperature.)
- ☐ Whisk eggs in medium bowl to blend.
- ☐ Whisk in crème fraîche and vanilla. Sift in flour; whisk until smooth. (Can be made up to 6 hours ahead. Cover and chill; rewhisk before using.)
- ☐ Preheat oven to 375°F. Generously butter 13x9x2-inch oval ceramic or glass baking dish.
- ☐ Combine pears, cherries, and lemon juice in large bowl; toss to blend.
- ☐ Mix flour, sugar, and lemon peel in small bowl.
- ☐ Add to pear mixture and toss to blend.
- ☐ Transfer pear mixture to prepared dish, pressing slightly with rubber spatula to form even layer. (Can be made up to 1 hour ahead; let stand at room temperature.)
- ☐ Pour custard evenly over pear mixture. Using fingertips, crumble topping evenly over.
- ☐ Bake until pears are tender and topping is deep golden, about 55 minutes.

- ☐
- Remove from oven and let stand 10 minutes.
- ☐
- Serve warm or at room temperature, with ice cream.

Nutrition Facts



Properties

Glycemic Index:34.98, Glycemic Load:30.31, Inflammation Score:-6, Nutrition Score:11.593913005746%

Flavonoids

Cyanidin: 10.84mg, Cyanidin: 10.84mg, Cyanidin: 10.84mg, Cyanidin: 10.84mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg 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: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg 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: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg 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: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 565.49kcal (28.27%), Fat: 28.19g (43.36%), Saturated Fat: 15.32g (95.74%), Carbohydrates: 76.88g (25.63%), Net Carbohydrates: 69.17g (25.15%), Sugar: 58.63g (65.14%), Cholesterol: 123.01mg (41%), Sodium: 231.24mg (10.05%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 6.51g (13.02%), Fiber: 7.71g (30.83%), Vitamin B2: 0.36mg (21.24%), Vitamin A: 945.25IU (18.9%), Manganese: 0.35mg (17.46%), Phosphorus: 162.7mg (16.27%), Calcium: 158.8mg (15.88%), Vitamin C: 12.98mg (15.73%), Potassium: 502.52mg (14.36%), Copper: 0.26mg (12.97%), Selenium: 8.51µg (12.16%), Vitamin K: 11.04µg (10.51%), Folate: 37.22µg (9.3%), Magnesium: 36.36mg (9.09%), Vitamin B5: 0.9mg (8.96%), Vitamin B1: 0.13mg (8.72%), Vitamin B12: 0.45µg (7.55%), Zinc: 1.13mg (7.51%), Vitamin B6: 0.15mg (7.45%), Vitamin E: 1.08mg (7.2%), Iron: 1.16mg (6.42%), Vitamin B3: 0.84mg (4.18%), Vitamin D: 0.59µg (3.97%)