



Pear and Ginger Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon ground ginger
- ☐ 1.5 teaspoons ground ginger
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated

- ☐ 2.5 pounds pears cored peeled sliced
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup water
- ☐ 1 ounce bread white

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add first 6 ingredients; cook 5 minutes, stirring occasionally.
- ☐ Place pear mixture in a 2-quart casserole lightly coated with cooking spray.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1/2 cup brown sugar, 1 1/2 teaspoons ginger, and salt; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Place bread in a food processor; pulse 10 times or until crumbs measure 3/4 cup. Stir breadcrumbs and nuts into flour mixture.
- ☐ Sprinkle flour mixture evenly over pear mixture.
- ☐ Bake at 350 for 40 minutes or until filling is bubbly and topping is golden.

Nutrition Facts



 **PROTEIN 4.15%**  **FAT 25.74%**  **CARBS 70.11%**

Properties

Glycemic Index:32.07, Glycemic Load:14.06, Inflammation Score:-4, Nutrition Score:7.7721738672775%

Flavonoids

Cyanidin: 3.37mg, Cyanidin: 3.37mg, Cyanidin: 3.37mg, Cyanidin: 3.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 294.79kcal (14.74%), Fat: 8.87g (13.64%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 48.68g (17.7%), Sugar: 34.46g (38.29%), Cholesterol: 11.29mg (3.76%), Sodium: 131.36mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Manganese: 0.58mg (28.98%), Fiber: 5.66g (22.65%), Copper: 0.23mg (11.37%), Vitamin B1: 0.16mg (10.53%), Vitamin C: 8.07mg (9.78%), Folate: 38.76µg (9.69%), Vitamin B2: 0.15mg (8.8%), Selenium: 5.79µg (8.27%), Vitamin E: 1.23mg (8.17%), Iron: 1.38mg (7.68%), Magnesium: 30.08mg (7.52%), Potassium: 259.59mg (7.42%), Vitamin B3: 1.33mg (6.64%), Vitamin K: 6.77µg (6.45%), Phosphorus: 62.61mg (6.26%), Calcium: 53.4mg (5.34%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.55mg (3.65%), Vitamin A: 169.17IU (3.38%), Vitamin B5: 0.23mg (2.26%)