



Pear and Raspberry Crisp

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



355 kcal

DESSERT

Ingredients

- ☐ 4 cups pears peeled sliced
- ☐ 1 cup raspberries fresh
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 1 cup vanilla wafers crushed finely (25 cookies)
- ☐ 0.5 cup almonds sliced

- ☐ 3 tablespoons butter melted
- ☐ 1 serving whipped cream

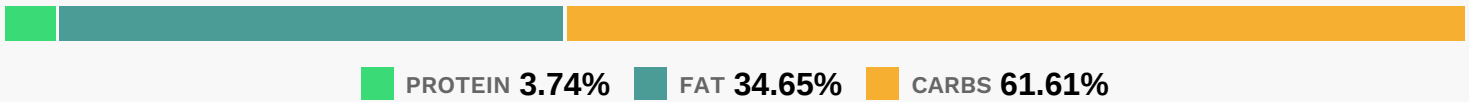
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In large bowl, toss pears, raspberries, sugar, cornstarch, cinnamon and vanilla. In 8- or 9-inch square glass baking dish, spread fruit mixture.
- ☐ In medium bowl, mix remaining ingredients except ice cream until crumbly.
- ☐ Sprinkle over fruit.
- ☐ Bake 45 to 50 minutes or until pears are tender. Cool 15 minutes.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:47.64, Glycemic Load:28.42, Inflammation Score:-4, Nutrition Score:7.3982609445634%

Flavonoids

Cyanidin: 11.55mg, Cyanidin: 11.55mg, Cyanidin: 11.55mg, Cyanidin: 11.55mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

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Nutrients (% of daily need)

Calories: 355.3kcal (17.77%), Fat: 14.2g (21.84%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 50.81g (18.48%), Sugar: 36.53g (40.59%), Cholesterol: 5.02mg (1.67%), Sodium: 150.46mg (6.54%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 3.45g (6.89%), Fiber: 6g (24%), Manganese: 0.38mg (19.02%), Vitamin E: 2.52mg (16.78%), Vitamin C: 9.94mg (12.05%), Vitamin B2: 0.2mg (11.64%), Copper: 0.19mg (9.57%), Magnesium: 34.61mg (8.65%), Folate: 31.84µg (7.96%), Vitamin B1: 0.12mg (7.82%), Phosphorus: 77.03mg (7.7%), Potassium: 252.93mg (7.23%), Vitamin A: 330.46IU (6.61%), Vitamin K: 6.34µg (6.04%), Vitamin B3: 1.06mg (5.32%), Calcium: 52.62mg (5.26%), Iron: 0.66mg (3.67%), Zinc: 0.51mg (3.42%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.22mg (2.25%), Selenium: 0.87µg (1.25%)