



Pear, Apple, and Cherry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups apples cored peeled quartered
- ☐ 0.3 cup apricot preserves
- ☐ 4.5 cups bosc pears cored peeled quartered
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 0.5 cup cherries dried
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 1 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ Combine first 6 ingredients in a large bowl, tossing well to coat. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Place flour, cinnamon, salt, and mace, if desired, in a food processor; pulse 5 times or until well combined.
- ☐ Add butter, and pulse 20 times or until mixture resembles coarse crumbs.
- ☐ Add the oats and sugar; pulse 5 times or until well combined.
- ☐ Sprinkle oat mixture over pear mixture.
- ☐ Bake at 375 for 1 hour or until topping is golden and filling is bubbly. Cool on a wire rack 10 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 4.07%**  **FAT 24.04%**  **CARBS 71.89%**

Properties

Glycemic Index:26.08, Glycemic Load:13.23, Inflammation Score:0, Nutrition Score:6.2269565637993%

Flavonoids

Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 276.91kcal (13.85%), Fat: 7.65g (11.77%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 47.1g (17.13%), Sugar: 29.38g (32.65%), Cholesterol: 18.06mg (6.02%), Sodium: 117.56mg (5.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Manganese: 0.47mg (23.73%), Fiber: 4.38g (17.53%), Vitamin B1: 0.15mg (10.14%), Selenium: 6.91µg (9.87%), Vitamin C: 7.01mg (8.5%), Folate: 32.63µg (8.16%), Iron: 1.23mg (6.84%), Copper: 0.13mg (6.57%), Vitamin B2: 0.11mg (6.35%), Phosphorus: 62.77mg (6.28%), Magnesium: 22.29mg (5.57%), Potassium: 188.9mg (5.4%), Vitamin A: 264.67IU (5.29%), Vitamin B3: 0.99mg (4.97%), Vitamin K: 4.8µg (4.57%), Zinc: 0.49mg (3.29%), Vitamin B6: 0.05mg (2.67%), Vitamin E: 0.4mg (2.66%), Calcium: 23.08mg (2.31%), Vitamin B5: 0.23mg (2.28%)