



Pear, Apple and Cranberry Crisp

 Vegetarian

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

calories

685 kcal

DESSERT

Ingredients

- ☐ 2 pounds macoun apples firm 6 apples
- ☐ 2 pounds bosc pears ripe 4 pears
- ☐ 0.5 pound butter unsalted diced cold 2 sticks
- ☐ 0.8 cup cranberries dried
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 cup old-fashioned oatmeal
- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 1 teaspoon orange zest grated

Equipment

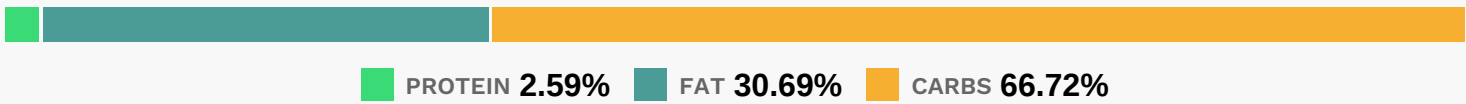
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Peel and core the pears and apples and cut them into large chunks.
- ☐ Place the fruit in a large bowl and toss with the cranberries, zests, juices, granulated sugar, flour, cinnamon, and nutmeg.
- ☐ Pour into a 9 by 12 by 2-inch baking dish.
- ☐ Combine the flour, sugars, salt, oatmeal, and cold butter in the bowl of an electric mixer fitted with a paddle attachment.
- ☐ Mix on low speed for 1 to 2 minutes, or until the mixture is in large crumbles.
- ☐ Sprinkle evenly over the fruit, covering the fruit completely.
- ☐ Place the baking dish on a parchment-lined sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:68.3, Glycemic Load:48.16, Inflammation Score:-7, Nutrition Score:11.347391348818%

Flavonoids

Cyanidin: 4.18mg, Cyanidin: 4.18mg, Cyanidin: 4.18mg, Cyanidin: 4.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 12.8mg, Epicatechin: 12.8mg, Epicatechin: 12.8mg, Epicatechin: 12.8mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 685.17kcal (34.26%), Fat: 24.35g (37.46%), Saturated Fat: 14.8g (92.49%), Carbohydrates: 119.1g (39.7%), Net Carbohydrates: 110.8g (40.29%), Sugar: 82.97g (92.18%), Cholesterol: 60.95mg (20.32%), Sodium: 159.25mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Fiber: 8.3g (33.22%), Manganese: 0.54mg (27.21%), Vitamin B1: 0.28mg (18.55%), Vitamin C: 14.37mg (17.41%), Selenium: 11.77µg (16.81%), Folate: 66.43µg (16.61%), Vitamin A: 808.8IU (16.18%), Vitamin B2: 0.22mg (12.94%), Iron: 2.12mg (11.8%), Copper: 0.21mg (10.67%), Vitamin B3: 2.09mg (10.46%), Potassium: 357.82mg (10.22%), Vitamin K: 10.58µg (10.08%), Phosphorus: 88.14mg (8.81%), Vitamin E: 1.29mg (8.6%), Magnesium: 31.54mg (7.89%), Vitamin B6: 0.11mg (5.57%), Calcium: 53.25mg (5.32%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.43mg (4.34%), Vitamin D: 0.43µg (2.83%)