



Pear-Apple-Cranberry Crisp

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



771 kcal

DESSERT

Ingredients

- ☐ 4 apples firm cored peeled chopped
- ☐ 3 tablespoons cornstarch
- ☐ 12 ounces cranberries fresh
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cranberry-orange relish
- ☐ 4 medium pears cored peeled chopped
- ☐ 1 cup pecans chopped

- ☐ 1 cup oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar
- ☐ 16 tablespoons butter unsalted cut into pieces (2 sticks)

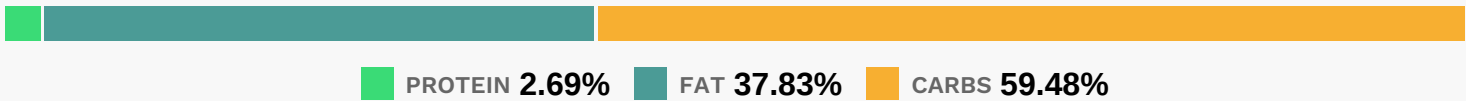
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F. Butter a deep 9-by-13-inch baking dish. Make topping: In a bowl, combine flour, sugar, brown sugar and salt. Rub in butter with fingertips until mixture forms pea-size lumps. Stir in oats and pecans.
- ☐ Make filling: In a large bowl, mix together apples, pears and cranberries.
- ☐ Remove zest from orange and squeeze juice; add both to bowl. Stir in cornstarch and sugar.
- ☐ Pour into baking dish, sprinkle with topping and bake until filling is bubbling and topping is golden brown and crisp, about 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:55.8, Glycemic Load:57, Inflammation Score:-7, Nutrition Score:14.953478287096%

Flavonoids

Cyanidin: 24.47mg, Cyanidin: 24.47mg, Cyanidin: 24.47mg, Cyanidin: 24.47mg Delphinidin: 4.25mg, Delphinidin: 4.25mg, Delphinidin: 4.25mg, Delphinidin: 4.25mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.92mg, Peonidin: 20.92mg, Peonidin: 20.92mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin:

1.84mg Epicatechin: 12.17mg, Epicatechin: 12.17mg, Epicatechin: 12.17mg, Epicatechin: 12.17mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 770.87kcal (38.54%), Fat: 33.89g (52.13%), Saturated Fat: 15.41g (96.33%), Carbohydrates: 119.89g (39.96%), Net Carbohydrates: 110.32g (40.11%), Sugar: 85.47g (94.97%), Cholesterol: 60.2mg (20.07%), Sodium: 156.31mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Manganese: 1.4mg (70.06%), Fiber: 9.58g (38.31%), Vitamin C: 22.83mg (27.67%), Vitamin B1: 0.31mg (20.95%), Copper: 0.37mg (18.41%), Vitamin A: 841.1IU (16.82%), Magnesium: 64.15mg (16.04%), Selenium: 10.3µg (14.72%), Phosphorus: 136.36mg (13.64%), Folate: 50.11µg (12.53%), Vitamin E: 1.78mg (11.88%), Iron: 2.07mg (11.48%), Potassium: 399.26mg (11.41%), Vitamin B2: 0.19mg (11.06%), Vitamin K: 10.85µg (10.34%), Zinc: 1.26mg (8.42%), Vitamin B3: 1.51mg (7.54%), Vitamin B6: 0.15mg (7.46%), Calcium: 58.85mg (5.88%), Vitamin B5: 0.57mg (5.72%), Vitamin D: 0.42µg (2.8%)