



Pear Cobbler with Cranberry Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

DESSERT

Ingredients

- ☐ 4 bartlett pears
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup brown sugar
- ☐ 2 cups cranberries
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 4 servings butter unsalted for the baking dish at room temperature
- ☐ 2 tablespoons vanilla extract
- ☐ 0.5 cup whipping cream soft beaten

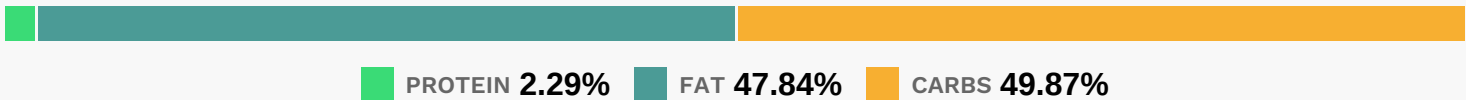
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ melon baller

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Peel the pears and cut them in 1/2 through the stem end. Use a melon baller to scoop out the cores.
- ☐ Put the pear halves in a large bowl.
- ☐ Sprinkle over the vanilla; toss. Then sprinkle over the brown sugar, flour, cinnamon, and nutmeg and toss to coat the pears with the flavorings. Line the pears up in a buttered, sugared baking dish, rounded sides up.
- ☐ In the same bowl, mash together the butter, brown sugar, flour, and salt with your hands for the topping. Toss in the cranberries. Crumble the topping mixture over the pears in the baking dish and bake until the topping is crunchy and browned and the pears are very tender, 35 to 40 minutes.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:21.34, Inflammation Score:-7, Nutrition Score:11.446086956107%

Flavonoids

Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 724.13kcal (36.21%), Fat: 38.45g (59.16%), Saturated Fat: 24.09g (150.55%), Carbohydrates: 90.18g (30.06%), Net Carbohydrates: 82.02g (29.83%), Sugar: 61.24g (68.05%), Cholesterol: 105.37mg (35.12%), Sodium: 317.78mg (13.82%), Alcohol: 2.24g (100%), Alcohol %: 0.79% (100%), Protein: 4.14g (8.28%), Fiber: 8.16g (32.63%), Vitamin A: 1352.94IU (27.06%), Manganese: 0.52mg (25.82%), Vitamin C: 15.04mg (18.23%), Vitamin B2: 0.23mg (13.28%), Vitamin E: 1.94mg (12.97%), Vitamin B1: 0.19mg (12.58%), Folate: 49.46µg (12.36%), Selenium: 8.54µg (12.2%), Vitamin K: 12.77µg (12.16%), Copper: 0.23mg (11.6%), Potassium: 344.36mg (9.84%), Iron: 1.74mg (9.67%), Calcium: 91.17mg (9.12%), Vitamin B3: 1.6mg (8.01%), Phosphorus: 74.16mg (7.42%), Vitamin D: 0.98µg (6.51%), Magnesium: 25.95mg (6.49%), Vitamin B6: 0.11mg (5.73%), Vitamin B5: 0.48mg (4.78%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.1µg (1.74%)