



Pear-Cranberry Crisp

 Dairy Free

READY IN



95 min.

SERVINGS



12

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1.5 cups cranberries fresh
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup nuts chopped
- ☐ 1 cup oats
- ☐ 2 teaspoons orange zest grated
- ☐ 5 cups pears peeled sliced (5 medium)

☐ 1 cup sugar

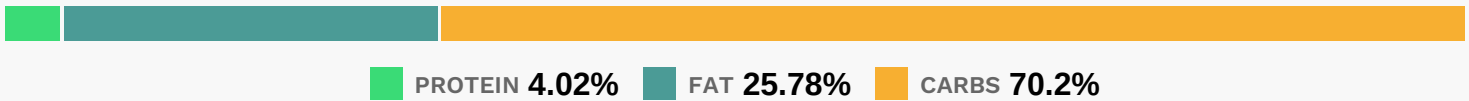
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 12x8-inch (2-quart) glass baking dish with cooking spray. In large bowl, toss pears, cranberries, sugar, 2 tablespoons flour and orange peel to coat. Spoon into baking dish.
- ☐ In small bowl, mix oats, brown sugar and 1/3 cup flour. With fork or pastry blender, cut in butter until mixture is crumbly. Stir in nuts.
- ☐ Sprinkle evenly over fruit mixture.
- ☐ Bake 30 to 40 minutes or until topping is golden brown and fruit is tender. Cool 30 minutes before serving.
- ☐ Serve warm with whipped cream.

Nutrition Facts



Properties

Glycemic Index:24.71, Glycemic Load:18.86, Inflammation Score:-3, Nutrition Score:5.300869613238%

Flavonoids

Cyanidin: 7.19mg, Cyanidin: 7.19mg, Cyanidin: 7.19mg, Cyanidin: 7.19mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 251.2kcal (12.56%), Fat: 7.53g (11.59%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 42.28g (15.37%), Sugar: 32.68g (36.31%), Cholesterol: 0mg (0%), Sodium: 49.46mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Manganese: 0.47mg (23.45%), Fiber: 3.88g (15.52%), Copper: 0.18mg (8.8%), Magnesium: 30.07mg (7.52%), Phosphorus: 68.5mg (6.85%), Vitamin C: 5.12mg (6.21%), Vitamin B1: 0.08mg (5.38%), Iron: 0.9mg (4.98%), Selenium: 3.42µg (4.89%), Potassium: 167.03mg (4.77%), Folate: 16.58µg (4.14%), Vitamin A: 195.73IU (3.91%), Zinc: 0.58mg (3.88%), Vitamin B2: 0.06mg (3.81%), Vitamin K: 3.72µg (3.54%), Vitamin B3: 0.7mg (3.49%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.42mg (2.82%), Vitamin B5: 0.25mg (2.51%), Calcium: 25mg (2.5%)