



Pear-Cranberry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup cranberries fresh
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.3 cup maple syrup
- ☐ 0.8 cup oats
- ☐ 3 pounds pears peeled sliced

- ☐ 0.3 cup pecans chopped
- ☐ 0.1 teaspoon sea salt
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup pastry flour whole wheat

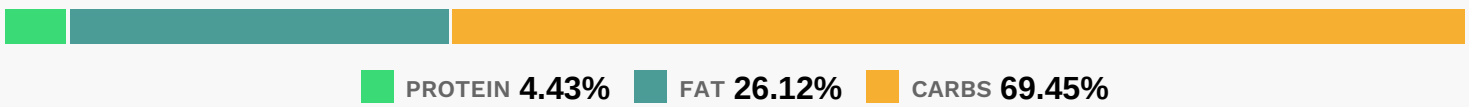
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, place the pears in a large bowl.
- ☐ Sprinkle with cornstarch; toss well to coat. Stir in cranberries and next 5 ingredients (cranberries through 1/8 teaspoon salt). Spoon pear mixture into a 2-quart baking dish coated with cooking spray.
- ☐ To prepare topping, combine oats and remaining ingredients, tossing until moist.
- ☐ Sprinkle topping in an even layer over pear mixture. Cover with foil; bake at 375 for 40 minutes. Uncover and bake an additional 20 minutes or until topping is golden and fruit mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:17.11, Inflammation Score:-4, Nutrition Score:10.463043521928%

Flavonoids

Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 302.67kcal (15.13%), Fat: 9.28g (14.27%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 47.65g (17.33%), Sugar: 30.94g (34.38%), Cholesterol: 15.25mg (5.08%), Sodium: 158.83mg (6.91%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 3.54g (7.07%), Manganese: 1.3mg (64.9%), Fiber: 7.86g (31.42%), Selenium: 9.69µg (13.84%), Copper: 0.26mg (13.17%), Vitamin B2: 0.22mg (12.65%), Magnesium: 45.81mg (11.45%), Phosphorus: 105.03mg (10.5%), Vitamin C: 8.37mg (10.14%), Vitamin B1: 0.15mg (9.7%), Potassium: 328mg (9.37%), Vitamin K: 8.78µg (8.36%), Iron: 1.21mg (6.72%), Zinc: 0.99mg (6.58%), Vitamin B6: 0.12mg (5.89%), Folate: 20.34µg (5.08%), Vitamin B3: 1.01mg (5.03%), Vitamin A: 226.68IU (4.53%), Vitamin E: 0.61mg (4.08%), Calcium: 40.29mg (4.03%), Vitamin B5: 0.3mg (3.01%)