



Pear-Cranberry Crisp with Cinnamon Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



558 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 3 pounds anjou pears cored ripe peeled cut into 1-inch pieces (5)
- ☐ 1 cup cranberries or fresh frozen thawed
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 8 servings cinnamon ice cream
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted cooled melted (1 stick)

☐ 0.5 cup ground walnuts finely

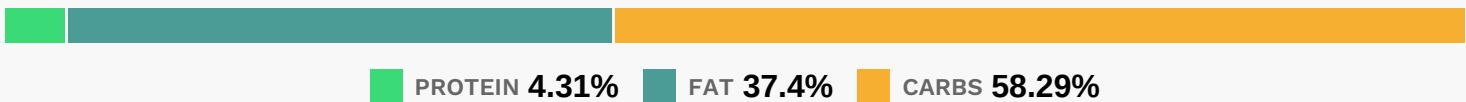
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Toss pears, cranberries, and 1/2 cup sugar in large bowl.
- ☐ Let stand 15 minutes.
- ☐ Transfer mixture to 11x7x2-inch glass baking dish.
- ☐ Mix flour, next 3 ingredients, and 1/4 cup sugar in medium bowl.
- ☐ Add butter; using fork, stir until moist clumps form.
- ☐ Sprinkle topping over fruit in dish.
- ☐ Bake crisp 45 minutes. Increase oven temperature to 375°F.
- ☐ Bake until golden, about 10 minutes. Cool slightly.
- ☐ Serve warm with Cinnamon Ice Cream.

Nutrition Facts



Properties

Glycemic Index:39.11, Glycemic Load:41.23, Inflammation Score:-6, Nutrition Score:11.508260820223%

Flavonoids

Cyanidin: 9.51mg, Cyanidin: 9.51mg, Cyanidin: 9.51mg, Cyanidin: 9.51mg 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: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 6.94mg, Epicatechin: 6.94mg, Epicatechin: 6.94mg, Epicatechin: 6.94mg 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 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: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 558.43kcal (27.92%), Fat: 24.04g (36.99%), Saturated Fat: 12.29g (76.79%), Carbohydrates: 84.32g (28.11%), Net Carbohydrates: 77.08g (28.03%), Sugar: 56.74g (63.05%), Cholesterol: 59.54mg (19.85%), Sodium: 58.97mg (2.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Fiber: 7.24g (28.94%), Manganese: 0.53mg (26.57%), Vitamin B2: 0.32mg (18.88%), Copper: 0.31mg (15.65%), Vitamin B1: 0.23mg (15.2%), Folate: 58.74µg (14.68%), Phosphorus: 141.2mg (14.12%), Vitamin A: 684.08IU (13.68%), Selenium: 8.69µg (12.41%), Calcium: 120.81mg (12.08%), Vitamin C: 9.56mg (11.58%), Potassium: 404.99mg (11.57%), Magnesium: 38.69mg (9.67%), Vitamin K: 9.58µg (9.12%), Iron: 1.58mg (8.78%), Vitamin B3: 1.61mg (8.06%), Vitamin B6: 0.14mg (6.97%), Zinc: 1.02mg (6.78%), Vitamin B5: 0.66mg (6.56%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.34µg (2.3%)