



Pear Cranberry Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 9 bosc pear
- ☐ 10 tablespoon butter melted
- ☐ 1.5 teaspoons cinnamon
- ☐ 2 tablespoons cornstarch
- ☐ 1.5 cups cranberries fresh picked over rinsed drained
- ☐ 1.5 cups flour
- ☐ 12 servings ginger
- ☐ 0.3 cup granulated sugar

- ☐ 1 orange juice
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.7 cup oats
- ☐ 1 tablespoon orange zest
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 400 and space 2 baking racks evenly apart. Put orange and lemon juices in a large bowl. Peel, halve, and core pears, then slice thinly lengthwise and cut slices in half.
- ☐ Add pears to juice and toss gently. Stir in cranberries.
- ☐ In a separate small bowl, mix together zest from juiced orange, sugars, cinnamon, nutmeg, and cornstarch.
- ☐ Sprinkle over pears and cranberries and gently but thoroughly toss together. Divide among 12 small oval baking dishes (see Notes).
- ☐ Make topping: In a medium bowl, mix zest, flour, brown sugar, cinnamon, salt, and oats.
- ☐ Add butter and stir with a fork until mixture forms small clumps (break up any large clumps with your fingers).
- ☐ Top fruit with crumbs, dividing evenly. Arrange ramekins diagonally on 2 large baking sheets.
- ☐ Bake 40 to 50 minutes, or until the fruit is bubbling and topping is quite browned.
- ☐ Serve warm, with Ginger Crme Anglaise.

Nutrition Facts

PROTEIN 3.4% FAT 26.2% CARBS 70.4%

Properties

Glycemic Index:38.24, Glycemic Load:19.32, Inflammation Score:-5, Nutrition Score:7.5543477885101%

Flavonoids

Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg 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: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg 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: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 336.45kcal (16.82%), Fat: 10.19g (15.68%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 55.88g (20.32%), Sugar: 36.16g (40.18%), Cholesterol: 25.08mg (8.36%), Sodium: 131.33mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Fiber: 5.74g (22.97%), Manganese: 0.44mg (22.18%), Vitamin C: 12.23mg (14.83%), Vitamin B1: 0.17mg (11.22%), Folate: 42.74µg (10.68%), Selenium: 7.18µg (10.26%), Copper: 0.18mg (8.78%), Iron: 1.38mg (7.66%), Vitamin B2: 0.13mg (7.62%), Vitamin K: 7.54µg (7.18%), Potassium: 249.79mg (7.14%), Vitamin A: 345.57IU (6.91%), Vitamin B3: 1.27mg (6.36%), Magnesium: 23.72mg (5.93%), Phosphorus: 58.72mg (5.87%), Vitamin E: 0.64mg (4.29%), Calcium: 40.37mg (4.04%), Vitamin B6: 0.07mg (3.67%), Zinc: 0.45mg (3.03%), Vitamin B5: 0.28mg (2.8%)