



Pear-Cranberry Crumble

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar packed
- 0.5 cup cranberries dried
- 0.3 cup flour all-purpose divided
- 0.5 teaspoon ground allspice
- 0.3 cup butter reduced-calorie
- 32 ounce pear halves in syrup light canned
- 0.7 cup quick-cooking oats uncooked

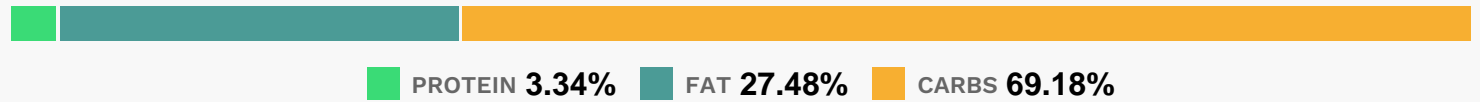
Equipment

- frying pan
- oven
- blender

Directions

- Drain pears, reserving 3/4 cup liquid. Discard remaining liquid.
- Combine pears, 3/4 cup liquid, and cranberries.
- Combine 1 tablespoon flour and allspice; sprinkle over pear mixture, and toss lightly. Spoon mixture into an 8-inch square pan coated with cooking spray.
- Combine remaining 1/4 cup flour, oats, and sugar.
- Cut in margarine with a pastry blender until mixture resembles coarse meal.
- Sprinkle oat mixture over pear mixture.
- Bake at 375 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:9.79, Inflammation Score:-4, Nutrition Score:5.1617391261718%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 206.87kcal (10.34%), Fat: 6.71g (10.32%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 33.31g (12.11%), Sugar: 23.33g (25.92%), Cholesterol: 0mg (0%), Sodium: 73.53mg (3.2%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Manganese: 0.4mg (19.99%), Fiber: 4.68g (18.74%), Magnesium: 28.35mg (7.09%), Copper: 0.13mg (6.62%), Vitamin C: 4.96mg (6.01%), Vitamin A: 293.49IU (5.87%), Selenium: 3.87µg (5.52%), Vitamin K: 5.79µg (5.52%), Vitamin B1: 0.08mg (5.51%), Phosphorus: 51.5mg (5.15%), Potassium: 177.18mg (5.06%), Iron: 0.79mg (4.37%), Folate: 17.44µg (4.36%), Vitamin E: 0.57mg (3.83%), Vitamin B2: 0.06mg (3.64%), Vitamin B3: 0.52mg (2.61%), Zinc: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.4%), Calcium: 23.4mg (2.34%), Vitamin B5: 0.15mg (1.52%)