



Pear-Cranberry Pie with Oatmeal Streusel

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 3 cups anjou pear cubed peeled () (2 large)
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2.5 tablespoons cornstarch
- ☐ 2 cups cranberries fresh
- ☐ 1 unbaked 9-inch deep-dish pastry shell
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.7 cup brown sugar light packed

- ☐ 0.8 cup regular oats
- ☐ 1 Dash salt

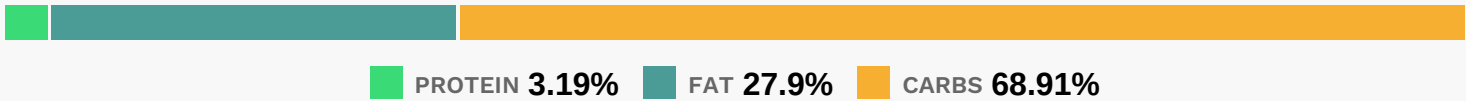
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ To prepare streusel, combine first 5 ingredients in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ To prepare filling, combine pear, cranberries, 2/3 cup brown sugar, and cornstarch in a large bowl; toss well to combine. Spoon pear mixture into pastry shell; sprinkle streusel over pear mixture.
- ☐ Bake at 350 for 1 hour or until bubbly and streusel is browned. Cool at least 1 hour on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:3.6, Inflammation Score:-2, Nutrition Score:4.1969565078616%

Flavonoids

Cyanidin: 8.57mg, Cyanidin: 8.57mg, Cyanidin: 8.57mg, Cyanidin: 8.57mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 242.74kcal (12.14%), Fat: 7.73g (11.89%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 40.26g (14.64%), Sugar: 25.45g (28.28%), Cholesterol: 5.02mg (1.67%), Sodium: 91.91mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Manganese: 0.38mg (19.16%), Fiber: 2.69g (10.76%), Vitamin K: 5.72µg (5.45%), Iron: 0.92mg (5.11%), Vitamin C: 4.07mg (4.93%), Vitamin B1: 0.07mg (4.88%), Folate: 19.43µg (4.86%), Copper: 0.09mg (4.43%), Phosphorus: 42.02mg (4.2%), Magnesium: 15.78mg (3.95%), Vitamin E: 0.58mg (3.86%), Selenium: 2.7µg (3.86%), Potassium: 125.07mg (3.57%), Vitamin B3: 0.64mg (3.18%), Calcium: 30.62mg (3.06%), Vitamin B2: 0.05mg (2.91%), Zinc: 0.34mg (2.26%), Vitamin B5: 0.22mg (2.25%), Vitamin B6: 0.04mg (2.21%), Vitamin A: 78.66IU (1.57%)