



Pear Crisp

READY IN



15 min.

SERVINGS



4

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup flour all-purpose
- ☐ 5 tablespoons splenda® no calorie sweetener divided
- ☐ 2 tablespoons orange juice
- ☐ 4 large pears ripe peeled sliced
- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 cup quick-cooking oats uncooked
- ☐ 2 cups whipped cream fat-free sugar-free

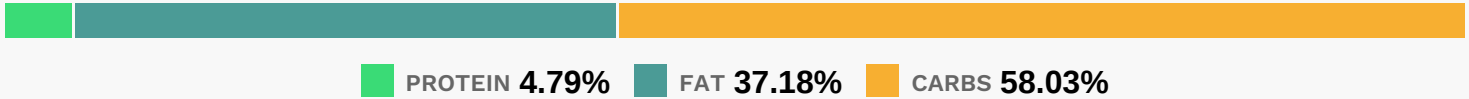
Equipment

☐ oven

Directions

- ☐ Toss together pears, 1 tablespoon no-calorie sweetener, and orange juice; spoon into a 9-inch pie plate or 4 (8-ounce) custard cups.
- ☐ Stir together remaining 4 tablespoons no-calorie sweetener, flour, butter, and pumpkin pie spice. Stir in oats and chopped pecans, and sprinkle evenly over pear mixture.
- ☐ Bake at 375 for 25 to 30 minutes or until top is crisp and fruit is tender.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:99.94, Glycemic Load:27.89, Inflammation Score:-6, Nutrition Score:12.012608543686%

Flavonoids

Cyanidin: 5.47mg, Cyanidin: 5.47mg, Cyanidin: 5.47mg, Cyanidin: 5.47mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg Epicatechin: 8.7mg, Epicatechin: 8.7mg, Epicatechin: 8.7mg, Epicatechin: 8.7mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 430.36kcal (21.52%), Fat: 18.67g (28.72%), Saturated Fat: 8.65g (54.09%), Carbohydrates: 65.55g (21.85%), Net Carbohydrates: 56.53g (20.56%), Sugar: 40.55g (45.05%), Cholesterol: 44.09mg (14.7%), Sodium: 100.76mg (4.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.77mg (38.69%), Fiber: 9.02g (36.1%), Vitamin C: 14.73mg (17.85%), Vitamin B2: 0.28mg (16.31%), Copper: 0.32mg (16.08%), Phosphorus: 151.13mg (15.11%), Potassium: 474.72mg (13.56%), Vitamin B1: 0.2mg (13.13%), Magnesium:

50.74mg (12.68%), Calcium: 119.53mg (11.95%), Vitamin K: 11.38µg (10.84%), Vitamin A: 532.41IU (10.65%), Folate: 39.7µg (9.92%), Selenium: 6.17µg (8.82%), Zinc: 1.23mg (8.22%), Iron: 1.36mg (7.56%), Vitamin B5: 0.65mg (6.49%), Vitamin B6: 0.13mg (6.34%), Vitamin B3: 1.08mg (5.39%), Vitamin E: 0.79mg (5.23%), Vitamin B12: 0.27µg (4.49%)