



Pear Crisp

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



986 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar
- ☐ 2.5 sticks butter melted
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 juice of lemon juiced
- ☐ 2.5 pounds pears cored peeled thinly sliced
- ☐ 2 cups rolled oats
- ☐ 0.3 cup warm water

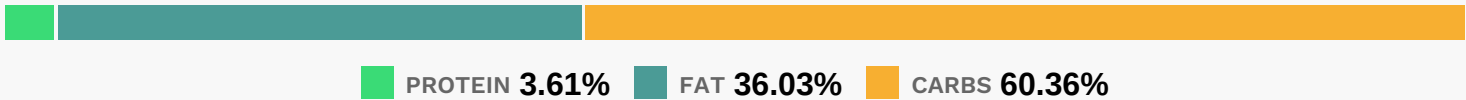
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine pears, water and lemon juice in an 8 by 8-inch baking pan. In a bowl, combine oats, flour, sugar and cinnamon.
- ☐ Pour in the melted butter and stir to make a crumbly mixture.
- ☐ Spread the topping evenly over the fruit.
- ☐ Bake for 45 to 55 minutes or until the topping is crisp and browned.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:37.69, Inflammation Score:-8, Nutrition Score:19.793043432028%

Flavonoids

Cyanidin: 3.89mg, Cyanidin: 3.89mg, Cyanidin: 3.89mg, Cyanidin: 3.89mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 985.77kcal (49.29%), Fat: 40.66g (62.56%), Saturated Fat: 24.62g (153.86%), Carbohydrates: 153.28g (51.09%), Net Carbohydrates: 142.14g (51.69%), Sugar: 90.15g (100.17%), Cholesterol: 101.23mg (33.74%), Sodium: 328.43mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Manganese: 1.87mg (93.46%), Fiber: 11.14g (44.58%), Selenium: 23.56µg (33.66%), Vitamin B1: 0.48mg (31.88%), Folate: 101.43µg (25.36%), Vitamin A: 1232.03IU (24.64%), Iron: 4.18mg (23.21%), Phosphorus: 194.83mg (19.48%), Vitamin B2: 0.31mg (18.51%), Copper: 0.37mg (18.33%), Magnesium: 69.23mg (17.31%), Vitamin B3: 3.21mg (16.04%), Potassium: 487.13mg (13.92%), Calcium: 136.8mg (13.68%), Vitamin K: 13.11µg (12.48%), Vitamin C: 10.16mg (12.32%), Zinc: 1.58mg (10.54%), Vitamin E: 1.53mg (10.18%), Vitamin B5: 0.74mg (7.42%), Vitamin B6: 0.14mg (6.91%), Vitamin B12: 0.08µg (1.33%)