



Pear Crisp with Oat Streusel Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 7.8 cups anjou pear cubed
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 tablespoon flour all-purpose
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 cup cool whip fat-free frozen thawed

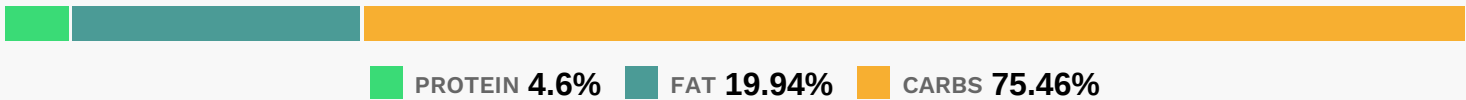
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ To prepare crisp, combine the first 6 ingredients in a large bowl; toss to combine. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, sugar, 1/8 teaspoon cinnamon, and dash of salt in a small bowl; stir to combine.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles very coarse meal.
- ☐ Sprinkle oat mixture evenly over pear mixture.
- ☐ Bake at 375 for 50 minutes or until browned on top.
- ☐ Serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:42.93, Glycemic Load:21.95, Inflammation Score:-4, Nutrition Score:8.4500000217687%

Flavonoids

Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 5.86mg, Epicatechin: 5.86mg, Epicatechin: 5.86mg, Epicatechin: 5.86mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 299.26kcal (14.96%), Fat: 7.04g (10.84%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 53.03g (19.28%), Sugar: 33.53g (37.26%), Cholesterol: 16mg (5.33%), Sodium: 132.98mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Manganese: 0.59mg (29.57%), Fiber: 6.93g (27.73%), Copper: 0.25mg (12.56%), Potassium: 380.89mg (10.88%), Vitamin B2: 0.17mg (9.8%), Vitamin C: 8.02mg (9.72%), Vitamin B1: 0.14mg (9.63%), Phosphorus: 96.15mg (9.62%), Selenium: 6.53µg (9.33%), Magnesium: 34.55mg (8.64%), Iron: 1.52mg (8.42%), Folate: 32.47µg (8.12%), Vitamin K: 8.29µg (7.89%), Vitamin B6: 0.13mg (6.39%), Vitamin B3: 1.13mg (5.65%), Vitamin A: 225.04IU (4.5%), Zinc: 0.67mg (4.48%), Calcium: 44.45mg (4.44%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.08µg (1.36%)