



Pear Crisps with Vanilla Brown Butter

 Vegetarian

READY IN



4500 min.

SERVINGS



6

CALORIES



408 kcal

DESSERT

Ingredients

- 3 lb bartlett pears peeled coarsely chopped (6)
- 1 tablespoon flour all-purpose
- 2 tablespoons granulated sugar
- 0.3 cup brown sugar light packed
- 2 tablespoons pear brandy
- 0.3 teaspoon salt
- 0.5 stick butter unsalted
- 1 vanilla pod split

- 1 cup almonds whole with skin

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- baking pan

Directions

- Pulse together flour, almonds, brown sugar, and salt in a food processor until nuts are finely chopped.
- Add butter and pulse just until blended. Coarsely crumble in a shallow baking pan and chill at least 1 hour.
- Preheat oven to 425°F with rack in middle.
- Scrape seeds from vanilla bean into a small heavy saucepan, then add pod and butter and cook over medium-low heat, swirling pan occasionally, until butter is browned and fragrant, about 4 minutes.
- While butter browns, stir together sugars, flour, and a pinch of salt in a large bowl.
- Add pears and brandy and toss to combine.
- Discard vanilla pod, then toss butter with pear mixture. Spoon filling into gratin dishes and sprinkle with topping, mounding it slightly in centers. Put in a shallow baking pan and bake 30 minutes, then rotate baking sheet and bake until topping is golden brown and filling is bubbling, 10 to 15 minutes more. Cool to warm or room temperature on a rack.
- Topping can be chilled, covered, up to 2 days.·Crisps can be assembled (but not baked) 1 day ahead and chilled, covered. Bring to room temperature before baking.

Nutrition Facts



■ PROTEIN 5.86% ■ FAT 42.81% ■ CARBS 51.33%

Properties

Glycemic Index:38.81, Glycemic Load:14.99, Inflammation Score:-5, Nutrition Score:12.48130446802%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 407.95kcal (20.4%), Fat: 20.05g (30.85%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 54.08g (18.03%), Net Carbohydrates: 43.89g (15.96%), Sugar: 36.39g (40.43%), Cholesterol: 20.25mg (6.75%), Sodium: 103.12mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Vitamin E: 6.6mg (43.99%), Fiber: 10.2g (40.79%), Manganese: 0.65mg (32.3%), Copper: 0.43mg (21.72%), Vitamin B2: 0.34mg (20.12%), Magnesium: 79.59mg (19.9%), Phosphorus: 144.15mg (14.42%), Vitamin C: 10.19mg (12.35%), Potassium: 425.37mg (12.15%), Calcium: 95.12mg (9.51%), Vitamin K: 9.5µg (9.05%), Iron: 1.45mg (8.07%), Folate: 27.1µg (6.78%), Vitamin B3: 1.33mg (6.65%), Zinc: 0.95mg (6.34%), Vitamin A: 300.3IU (6.01%), Vitamin B1: 0.09mg (5.8%), Vitamin B6: 0.1mg (4.88%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.24mg (2.37%)