



Pear-Dried Cranberry Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons cinnamon
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 1 cup cranberries dried
- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup oats instant (not)

- ☐ 3 pounds pears cored ripe peeled thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 8 tablespoons butter unsalted cold cut into pieces (1 stick)

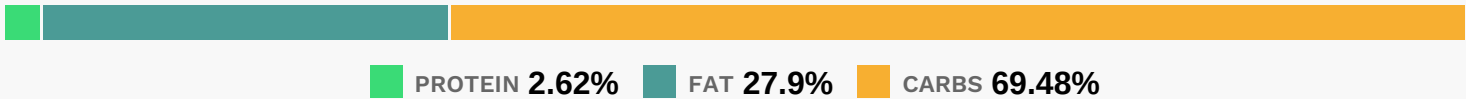
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F; mist an 11-by-7-inch baking pan with cooking spray. Line a large rimmed baking sheet with foil.
- ☐ Make topping: In a food processor, pulse first six ingredients.
- ☐ Add butter; pulse until mixture resembles coarse meal.
- ☐ Make filling: In a bowl, toss together all filling ingredients.
- ☐ Transfer to pan; spread evenly.
- ☐ Sprinkle topping mixture over fruit.
- ☐ Place pan on baking sheet and bake until top is golden, about 35 minutes.
- ☐ Remove pan and cool on a wire rack for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:19.47, Inflammation Score:-5, Nutrition Score:10.155652175779%

Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 497.54kcal (24.88%), Fat: 16.28g (25.04%), Saturated Fat: 9.76g (61%), Carbohydrates: 91.2g (30.4%), Net Carbohydrates: 81.79g (29.74%), Sugar: 60.68g (67.43%), Cholesterol: 40.13mg (13.38%), Sodium: 213.23mg (9.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Fiber: 9.42g (37.67%), Manganese: 0.65mg (32.49%), Copper: 0.26mg (13.14%), Vitamin C: 10.78mg (13.06%), Vitamin K: 13.13µg (12.5%), Vitamin B1: 0.17mg (11.59%), Folate: 45.31µg (11.33%), Selenium: 7.69µg (10.99%), Vitamin A: 524.61IU (10.49%), Potassium: 356.2mg (10.18%), Iron: 1.68mg (9.33%), Vitamin B2: 0.15mg (8.96%), Magnesium: 32.46mg (8.11%), Vitamin E: 1.18mg (7.87%), Phosphorus: 78.04mg (7.8%), Vitamin B3: 1.45mg (7.23%), Calcium: 57.28mg (5.73%), Vitamin B6: 0.1mg (4.99%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.35mg (3.51%), Vitamin D: 0.28µg (1.87%)