



## Pear Ginger Crisp with Crumbly Streusel

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



488 kcal

DESSERT

### Ingredients

- ☐ 2.5 pounds purée of usa bartlett pear
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup candied ginger chopped
- ☐ 0.7 cup flour
- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 1 juice of lemon

- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup plum brandy sweet
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 8 servings pears
- ☐ 0.5 cup oats
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 6 tablespoons butter unsalted cut into small chunks
- ☐ 0.5 teaspoon vanilla extract

## Equipment

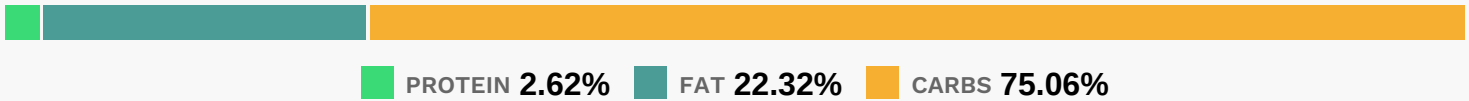
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ stand mixer
- ☐ slotted spoon

## Directions

- ☐ Make streusel: Preheat oven to 35
- ☐ Line a rimmed baking sheet with parchment. In a bowl of a stand mixer, mix dry ingredients.
- ☐ Add butter; mix on low speed until crumbly.
- ☐ Spread in pan.
- ☐ Bake until golden at edges, 8 to 10 minutes; stir.
- ☐ Bake until golden all over, 3 to 5 minutes.
- ☐ Let streusel cool. Increase oven to 37

- ☐ Make pears: Peel and core fruit, cut into 1-in. chunks, and mix gently in a large bowl with lemon juice. Butter a shallow 2-qt. baking dish and set aside.
- ☐ Combine sugar and 2 tbsp. water in a 3- to 4-qt. pan. Cook over medium-high heat until sugar begins to brown in 1 spot, 4 to 7 minutes. Swirling pan occasionally, boil until sugar is golden brown, 1 to 2 minutes more.
- ☐ Remove from heat, let cool about 30 seconds, then gently stir in pears (sugar will seize up in spots). Return pan to heat and cook, stirring occasionally, until sugar melts again, 2 to 3 minutes.
- ☐ Add marsala, ginger, raisins, vanilla, and salt. Reduce heat and simmer, stirring occasionally, until pears are just tender, 8 to 10 minutes. Using a slotted spoon, transfer pears to prepared dish.
- ☐ Add butter to pan and cook until melted. Spoon mixture over pears.
- ☐ Scatter streusel over pears, then bake until fruit is bubbling, 15 to 20 minutes.
- ☐ Let cool about 10 minutes.
- ☐ Serve warm, with vanilla ice cream or creme frache.
- ☐ Make ahead: Up to 3 hours, then reheat in a 350 oven until warm, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:58.07, Glycemic Load:35.69, Inflammation Score:-5, Nutrition Score:9.8665216811325%

## Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 488.19kcal (24.41%), Fat: 12.36g (19.02%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 93.52g (31.17%), Net Carbohydrates: 82.86g (30.13%), Sugar: 63.49g (70.54%), Cholesterol: 30.1mg (10.03%), Sodium: 119.02mg (5.17%), Alcohol: 1.23g (100%), Alcohol %: 0.41% (100%), Protein: 3.27g (6.53%), Fiber: 10.67g (42.66%), Manganese: 0.45mg (22.34%), Vitamin C: 15.03mg (18.21%), Copper: 0.32mg (15.82%), Vitamin K: 14.05µg (13.38%), Potassium: 438.09mg (12.52%), Folate: 42.31µg (10.58%), Vitamin B1: 0.15mg (9.71%), Vitamin B2: 0.16mg (9.48%), Vitamin A: 431.71IU (8.63%), Magnesium: 33.75mg (8.44%), Iron: 1.49mg (8.25%), Selenium: 5.74µg (8.21%), Phosphorus: 79.42mg (7.94%), Vitamin B3: 1.28mg (6.4%), Vitamin B6: 0.12mg (6.02%), Vitamin E: 0.74mg (4.92%), Calcium: 48.52mg (4.85%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.29mg (2.87%), Vitamin D: 0.21µg (1.4%)