



## Pear Ginger Crumble

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

### Ingredients

- 0.3 cup canola oil
- 1.5 tablespoons flour all-purpose
- 1.5 cups vanilla yogurt frozen reduced-fat
- 1 tablespoon ginger freshly grated
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 0.5 cup brown sugar light packed
- 0.3 cup oat flour whole wheat

- 0.7 cup old-fashioned oats
- 3 pounds but pears firm cored ripe peeled cut into 1/4-inch slices
- 0.1 teaspoon salt
- 2 tablespoons sugar

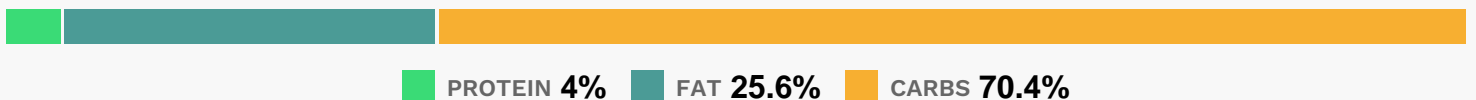
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat the oven to 375 degrees F.
- Combine the ingredients in a medium bowl and work together with a fork or with your fingertips until the ingredients are moistened.
- Combine the pears slices, lemon juice, and ginger in a large bowl.
- Add the sugar and flour and toss to blend.
- Spray an 8 by 8-inch baking dish with cooking spray.
- Transfer the pear mixture to the dish.
- Sprinkle the topping over the pears.
- Bake crumble until the pears are tender and the topping is golden brown, about 40 minutes.
- Let cool for 10 minutes before serving.
- Serve warm or at room temperature, with a scoop of ice cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:30.23, Glycemic Load:12.02, Inflammation Score:-3, Nutrition Score:8.0017390950866%

## Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg 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: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## **Nutrients (% of daily need)**

Calories: 310.77kcal (15.54%), Fat: 9.32g (14.34%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 51.15g (18.6%), Sugar: 39.55g (43.94%), Cholesterol: 0.54mg (0.18%), Sodium: 66.07mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Manganese: 0.55mg (27.36%), Fiber: 6.55g (26.2%), Vitamin K: 12.85µg (12.23%), Copper: 0.2mg (10.2%), Vitamin E: 1.53mg (10.17%), Vitamin C: 8.31mg (10.07%), Phosphorus: 99.01mg (9.9%), Potassium: 318.85mg (9.11%), Selenium: 6.01µg (8.58%), Magnesium: 32.34mg (8.08%), Vitamin B2: 0.13mg (7.62%), Calcium: 73.14mg (7.31%), Vitamin B1: 0.09mg (6.14%), Iron: 1mg (5.56%), Folate: 20.54µg (5.13%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.39mg (3.85%), Vitamin B3: 0.72mg (3.61%), Vitamin A: 100.95IU (2.02%), Vitamin B12: 0.08µg (1.3%)