



Pear Pie with Streusel Topping and Caramel Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 0.7 cup flour all-purpose divided
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons heavy whipping cream
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 6 medium pears firm cored peeled cut lengthwise into 1/2-inch-thick wedges
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

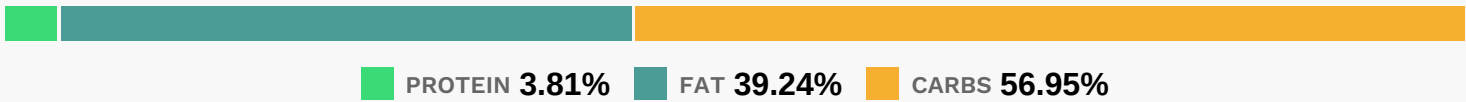
Directions

- ☐ Preheat oven to 37
- ☐ To prepare pie, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/2 ounces (about 1/3 cup) flour, granulated sugar, cinnamon, and salt in a large bowl.
- ☐ Add juice and pears to flour mixture; toss gently to coat.
- ☐ Roll dough into an 11-inch circle; fit dough into a 9-inch pie plate coated with cooking spray. Fold edges under and flute. Arrange pear mixture in an even layer in prepared crust.
- ☐ Combine remaining 1 1/2 ounces (about 1/3 cup) flour and 1/3 cup brown sugar in a bowl.
- ☐ Add 3 tablespoons cold butter to brown sugar mixture; cut in with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle butter mixture evenly over pears.
- ☐ Bake at 375 for 1 hour or until lightly browned.
- ☐ Let cool on a wire rack 10 minutes.
- ☐ To prepare sauce, combine 1/3 cup brown sugar, cream, and 2 tablespoons softened butter in a small, heavy saucepan over medium-high heat; bring to a boil. Cook 1 minute or until

thickened.

- ☐ Remove from heat; stir in 2 teaspoons water.
- ☐ Serve at room temperature or slightly warmed with pie.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:13.61, Inflammation Score:-3, Nutrition Score:5.6982608437538%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 348.87kcal (17.44%), Fat: 15.55g (23.93%), Saturated Fat: 6.78g (42.4%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 46.9g (17.05%), Sugar: 23.15g (25.72%), Cholesterol: 16.78mg (5.59%), Sodium: 210.59mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Fiber: 3.89g (15.55%), Manganese: 0.27mg (13.3%), Folate: 44.89µg (11.22%), Vitamin B1: 0.16mg (10.97%), Iron: 1.47mg (8.15%), Vitamin B3: 1.53mg (7.63%), Vitamin B2: 0.13mg (7.58%), Selenium: 4.76µg (6.81%), Vitamin K: 7.08µg (6.74%), Vitamin C: 5.3mg (6.43%), Copper: 0.11mg (5.72%), Phosphorus: 47.87mg (4.79%), Potassium: 162.53mg (4.64%), Vitamin A: 223.98IU (4.48%), Magnesium: 14.29mg (3.57%), Vitamin E: 0.45mg (3.01%), Vitamin B6: 0.05mg (2.62%), Calcium: 25.92mg (2.59%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.32mg (2.12%)