



Pear-Raisin Pie



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter firm
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon cornstarch
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon nutmeg
- ☐ 4 cups pears peeled sliced (3 medium)
- ☐ 0.5 cup pineapple juice

- ☐ 0.7 cup oats
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons water boiling
- ☐ 0.5 cup frangelico
- ☐ 1 cup frangelico
- ☐ 0.5 cup frangelico
- ☐ 1 cup frangelico

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 375F. In small bowl, mix oats, 1/2 cup Bisquick mix and the brown sugar.
- ☐ Cut in 1/4 cup firm butter with fork or pastry blender until mixture is crumbly; set aside.
- ☐ In medium bowl, mix 1 cup Bisquick mix and 1/4 cup softened butter.
- ☐ Add boiling water; stir vigorously until very soft dough forms. In ungreased 9-inch glass pie plate, press dough firmly, using fingers dusted with Bisquick mix and bringing dough onto rim of pie plate. Flute edge if desired.
- ☐ In 2-quart saucepan, mix pineapple juice, raisins, cornstarch, nutmeg and ginger. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in pears. Spoon into pie plate.
- ☐ Sprinkle with topping.
- ☐ Bake 25 to 30 minutes or until crust and topping are light golden brown.

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:10.85, Inflammation Score:-5, Nutrition Score:5.1391304102929%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 246.52kcal (12.33%), Fat: 12.08g (18.58%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 32.13g (11.68%), Sugar: 18.32g (20.35%), Cholesterol: 0mg (0%), Sodium: 140.49mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Manganese: 0.45mg (22.27%), Fiber: 3.8g (15.19%), Vitamin A: 528.39IU (10.57%), Magnesium: 29.81mg (7.45%), Copper: 0.13mg (6.72%), Vitamin C: 5.46mg (6.61%), Potassium: 230.21mg (6.58%), Phosphorus: 52.46mg (5.25%), Iron: 0.82mg (4.53%), Vitamin B1: 0.07mg (4.43%), Vitamin E: 0.59mg (3.91%), Selenium: 2.6µg (3.72%), Vitamin K: 3.8µg (3.62%), Vitamin B6: 0.07mg (3.36%), Vitamin B2: 0.05mg (3.17%), Folate: 10.99µg (2.75%), Calcium: 26.97mg (2.7%), Zinc: 0.33mg (2.23%), Vitamin B3: 0.33mg (1.66%), Vitamin B5: 0.12mg (1.24%)