



Perfect Pear Crisp

READY IN



65 min.

SERVINGS



5

CALORIES



481 kcal

DESSERT

Ingredients

- 0.5 cup planters almonds sliced
- 0.3 cup brown sugar packed
- 0.3 cup butter cold
- 0.3 cup flour divided
- 0.5 cup granulated sugar divided
- 1 tsp ground cinnamon divided
- 1 optional: lemon
- 2.5 lb pears fresh peeled cut into 1-inch chunks
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- oven
- blender
- baking pan

Directions

- Heat oven to 375F.
- Grate enough lemon peel to measure 1/2 tsp. zest. Squeeze enough juice to measure 1-1/2 Tbsp.
- Mix 1/4 cup granulated sugar, 2 Tbsp. flour and 1/2 tsp. cinnamon in large bowl.
- Add pears, lemon zest and juice; toss until pears are evenly coated. Spoon into 8-inch square baking dish.
- Mix brown sugar and remaining flour, granulated sugar and cinnamon in medium bowl.
- Cut in butter with pastry blender or 2 knives until mixture forms coarse crumbs. Stir in nuts; sprinkle over pears.
- Bake 40 to 45 min. or until topping is golden brown and pears are hot and bubbly.
- Serve topped with COOL WHIP.

Nutrition Facts



PROTEIN 3.51% **FAT 34.16%** **CARBS 62.33%**

Properties

Glycemic Index:54.47, Glycemic Load:29.1, Inflammation Score:-6, Nutrition Score:10.85565213276%

Flavonoids

Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 8.58mg, Epicatechin: 8.58mg, Epicatechin: 8.58mg, Epicatechin: 8.58mg 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: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 481.33kcal (24.07%), Fat: 19.36g (29.79%), Saturated Fat: 9.9g (61.85%), Carbohydrates: 79.51g (26.5%), Net Carbohydrates: 70.23g (25.54%), Sugar: 57.27g (63.63%), Cholesterol: 32.84mg (10.95%), Sodium: 114.4mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Fiber: 9.29g (37.15%), Vitamin C: 21.22mg (25.72%), Manganese: 0.48mg (24.05%), Vitamin E: 3.1mg (20.69%), Copper: 0.31mg (15.53%), Vitamin B2: 0.23mg (13.65%), Magnesium: 46.93mg (11.73%), Potassium: 405.3mg (11.58%), Vitamin K: 11.71µg (11.15%), Phosphorus: 99.43mg (9.94%), Folate: 38.59µg (9.65%), Vitamin A: 452.36IU (9.05%), Vitamin B1: 0.12mg (8.27%), Calcium: 80.85mg (8.08%), Iron: 1.42mg (7.86%), Vitamin B3: 1.25mg (6.26%), Selenium: 4.29µg (6.14%), Vitamin B6: 0.11mg (5.41%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.26mg (2.65%)