



Pumpkin-Pear Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 1 large egg whites
- ☐ 0.3 cup golden raisins
- ☐ 2 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup maple syrup pure
- ☐ 0.3 cup oats

- ☐ 2 pounds pears cored peeled cut into 1/4" cubes (4 cups)
- ☐ 0.3 cup pumpkin seeds shelled (pepitas)
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup butter unsalted chilled cut into 1/2" cubes ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup walnuts
- ☐ 3 tablespoons flour whole wheat

Equipment

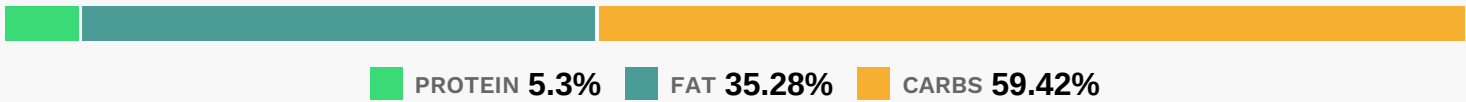
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375°F.
- ☐ Bake oats,pumpkin seeds, and walnuts on a rimmedbaking sheet until light golden, about 10 minutes;let cool.
- ☐ Transfer to a food processor.
- ☐ Add the remaining 6 ingredients and pulseuntil crumble forms.
- ☐ Spread on rimmedbaking sheet; bake until golden and crispy,occasionally breaking up lumps, 18–20minutes.
- ☐ Let cool.
- ☐ Preheat oven to 375°F. Bring first7 ingredients and 1 1/2 cups water to a simmerin a large saucepan over medium heat.Cover and simmer until pumpkin is justtender, about 7 minutes.
- ☐ Add pears andvanilla; cook uncovered, stirring often, untilpears are tender, about 10 minutes. Usinga slotted spoon, transfer pumpkin–and–fruitmixture to a medium bowl. Simmer syrupin

- pan until reduced to 1/2 cup, 3–5 minutes.
- ☐ Arrange ramekins on a rimmed bakingsheet. Divide compote among ramekins.
 - ☐ Drizzle each with 1 tablespoon reserved syrup.
 - ☐ Bake until filling is bubbling at edges,25–30 minutes. Top with streusel and serve.
 - ☐ calories, 10 grams fat, 41 grams carbohydrate
 - ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.99, Glycemic Load:11.66, Inflammation Score:-4, Nutrition Score:7.6408695008444%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg 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: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 231.01kcal (11.55%), Fat: 9.59g (14.75%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 31.35g (11.4%), Sugar: 21.56g (23.96%), Cholesterol: 15.25mg (5.08%), Sodium: 11.39mg (0.5%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.24g (6.49%), Manganese: 0.86mg (43.05%), Fiber: 4.97g (19.89%), Vitamin B2: 0.22mg (12.84%), Copper: 0.22mg (11.23%), Magnesium: 38.41mg (9.6%), Phosphorus: 82.01mg (8.2%), Vitamin C: 6.58mg (7.97%), Potassium: 259.45mg (7.41%), Selenium: 4.76µg (6.8%), Vitamin K: 6.24µg (5.95%), Vitamin B1: 0.09mg (5.81%), Iron: 0.98mg (5.44%), Folate: 21.12µg (5.28%), Zinc: 0.67mg (4.46%), Vitamin B6: 0.09mg (4.42%), Vitamin A: 208.71IU (4.17%), Calcium: 39.6mg (3.96%), Vitamin B3: 0.73mg (3.64%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.18mg (1.79%)