



Quick Pear-Ginger Crisps

READY IN



30 min.

SERVINGS



4

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 4 gingersnap cookies chopped
- ☐ 0.3 cup brown sugar light packed
- ☐ 30.5 oz pears in heavy syrup dry drained canned
- ☐ 2 tablespoons butter unsalted cut into small pieces
- ☐ 0.3 cup walnut pieces chopped

Equipment

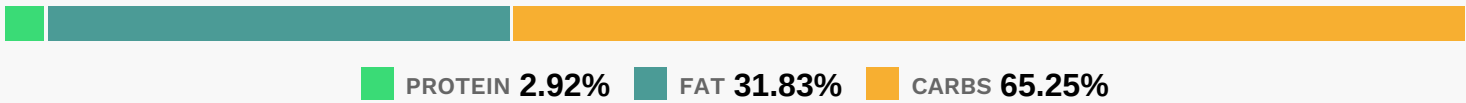
- ☐ bowl
- ☐ oven

☐ wire rack

Directions

- ☐ Preheat oven to 350F. Coarsely chop pears and divide among four small ovenproof dishes.
- ☐ Stir together chopped gingersnap cookies, walnuts and brown sugar in a medium bowl and spoon over pears. Dot cookies with butter.
- ☐ Bake until topping has browned and pears are bubbling, about 15 minutes.
- ☐ Let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:9.71, Inflammation Score:-4, Nutrition Score:7.2330434847137%

Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 8.13mg, Epicatechin: 8.13mg, Epicatechin: 8.13mg, Epicatechin: 8.13mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 302.6kcal (15.13%), Fat: 11.43g (17.59%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 45.39g (16.51%), Sugar: 36g (40%), Cholesterol: 15.05mg (5.02%), Sodium: 45.78mg (1.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Fiber: 7.35g (29.38%), Manganese: 0.47mg (23.57%), Copper: 0.32mg (16.12%), Vitamin C: 9.39mg (11.38%), Vitamin K: 10.37µg (9.88%), Potassium: 327.19mg (9.35%), Magnesium: 31.49mg (7.87%), Folate: 28.74µg (7.18%), Iron: 1.15mg (6.38%), Phosphorus: 59.28mg (5.93%), Vitamin B6: 0.11mg (5.73%), Vitamin B2: 0.09mg (5.3%), Vitamin A: 230.57IU (4.61%), Calcium: 45.1mg (4.51%), Vitamin B1: 0.07mg (4.35%), Vitamin E: 0.54mg (3.61%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.2mg (2%), Selenium: 1.17µg (1.67%)