



Raspberry-Pear-Granola Crisp

 Dairy Free

READY IN



90 min.

SERVINGS



9

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 5 cups pears peeled sliced (5 to 6 pears)
- ☐ 12 oz raspberries frozen thawed
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 6 crunchy peanut butter crushed finely (3 pouches from 8.9-oz box)
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter melted

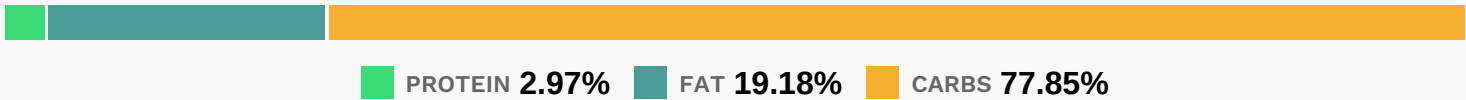
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, mix pears, raspberries, granulated sugar and 1/4 cup flour. Spoon evenly into baking dish.
- ☐ In medium bowl, mix crushed granola bars, 1/2 cup flour, the brown sugar and butter until crumbly.
- ☐ Sprinkle over pear mixture.
- ☐ Bake 55 to 65 minutes or until top is golden brown and fruit is tender (mixture will be bubbly). Cool slightly.
- ☐ Serve warm or cool with whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:31.43, Glycemic Load:25.77, Inflammation Score:-4, Nutrition Score:6.2039131437955%

Flavonoids

Cyanidin: 19.14mg, Cyanidin: 19.14mg, Cyanidin: 19.14mg, Cyanidin: 19.14mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-

gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 266.6kcal (13.33%), Fat: 5.95g (9.16%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 48.81g (17.75%), Sugar: 38.58g (42.87%), Cholesterol: 0mg (0%), Sodium: 66.12mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Fiber: 5.56g (22.26%), Manganese: 0.38mg (19.2%), Vitamin C: 13.76mg (16.68%), Folate: 34µg (8.5%), Vitamin B1: 0.11mg (7.06%), Vitamin K: 6.92µg (6.59%), Copper: 0.13mg (6.53%), Vitamin B2: 0.1mg (5.67%), Selenium: 3.96µg (5.65%), Vitamin B3: 1.08mg (5.42%), Iron: 0.97mg (5.4%), Potassium: 188.17mg (5.38%), Vitamin A: 260.38IU (5.21%), Magnesium: 18.67mg (4.67%), Vitamin E: 0.68mg (4.53%), Phosphorus: 36.77mg (3.68%), Vitamin B6: 0.06mg (2.86%), Calcium: 26.55mg (2.65%), Vitamin B5: 0.23mg (2.35%), Zinc: 0.34mg (2.29%)