



Red Wine Pear Crisp with Spiced Streusel

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds bosc pears cored peeled thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 0.7 cup wine dry red
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon lemon rind grated
- ☐ 0.5 cup regular oats
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare streusel, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, regular oats, brown sugar, 1/2 teaspoon cinnamon, 1/4 teaspoon allspice, and salt in a medium bowl.
- ☐ Add butter, stirring with a fork until crumbly. Set aside.
- ☐ To prepare filling, combine wine and granulated sugar in a large nonstick skillet over medium-high heat; bring to a simmer, stirring until sugar dissolves. Reduce heat to medium.
- ☐ Add lemon rind, 1/2 teaspoon cinnamon, 1/2 teaspoon allspice, and sliced pears to pan, stirring to coat; simmer for 15 minutes or until the pears are tender.
- ☐ Spoon pear mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle streusel evenly over pear mixture.
- ☐ Bake at 350 for 30 minutes or until bubbly and lightly browned.
- ☐ Serve with whipped topping.
- ☐ Sprinkle with 1/8 teaspoon cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:51.14, Glycemic Load:24.01, Inflammation Score:-4, Nutrition Score:5.9900000302688%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 322.02kcal (16.1%), Fat: 7.69g (11.83%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 54.01g (19.64%), Sugar: 38.94g (43.26%), Cholesterol: 15.24mg (5.08%), Sodium: 104.96mg (4.56%), Alcohol: 2.8g (100%), Alcohol %: 1.77% (100%), Protein: 2.78g (5.57%), Manganese: 0.41mg (20.69%), Fiber: 4.73g (18.91%), Selenium: 6.12µg (8.74%), Vitamin B1: 0.13mg (8.64%), Vitamin C: 6.27mg (7.6%), Folate: 29.98µg (7.49%), Copper: 0.14mg (7.19%), Vitamin B2: 0.11mg (6.26%), Phosphorus: 62.05mg (6.21%), Iron: 1.1mg (6.1%), Vitamin K: 6µg (5.71%), Potassium: 195.76mg (5.59%), Magnesium: 21.76mg (5.44%), Vitamin B3: 0.91mg (4.55%), Vitamin A: 212.56IU (4.25%), Calcium: 36.09mg (3.61%), Zinc: 0.46mg (3.07%), Vitamin B6: 0.05mg (2.63%), Vitamin E: 0.39mg (2.58%), Vitamin B5: 0.2mg (2%)