

Renee's Pear Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



362 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 0.5 cup butter softened
- 2 cups flour all-purpose as needed
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 6 cups pears sliced
- 0.3 teaspoon vanilla extract

0.5 cup sugar white

Equipment

bowl

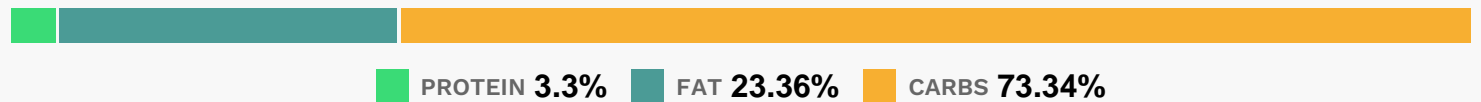
oven

baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
- Spread pears to cover bottom of the baking dish; drizzle with melted butter and maple syrup.
- Stir flour, brown sugar, white sugar, cinnamon, nutmeg, and vanilla extract together in a bowl.
- Cut softened butter into flour mixture until mixture resembles coarse crumbs, adding more flour if necessary.
- Sprinkle topping over pears.
- Bake in preheated oven until pears are bubbling and topping is crisp, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:26.09, Inflammation Score:-4, Nutrition Score:6.6034782788028%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 361.65kcal (18.08%), Fat: 9.66g (14.86%), Saturated Fat: 5.92g (37%), Carbohydrates: 68.23g (22.74%), Net Carbohydrates: 64.43g (23.43%), Sugar: 43.26g (48.06%), Cholesterol: 24.4mg (8.13%), Sodium: 81.11mg (3.53%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.07g (6.13%), Manganese: 0.36mg (18.07%), Fiber: 3.8g (15.19%), Vitamin B1: 0.21mg (14.1%), Folate: 53.16µg (13.29%), Selenium: 9.02µg (12.88%), Vitamin B2: 0.21mg (12.08%), Iron: 1.52mg (8.45%), Vitamin B3: 1.67mg (8.34%), Copper: 0.13mg (6.4%), Vitamin A: 308.48IU (6.17%), Potassium: 181.35mg (5.18%), Vitamin C: 4.16mg (5.05%), Vitamin K: 5.18µg (4.94%), Phosphorus: 42.54mg (4.25%), Calcium: 40.09mg (4.01%), Magnesium: 15.62mg (3.91%), Vitamin E: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.44%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.2mg (1.99%)