



Roasted Almond-Cranberry-Pear Crisp

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 6 almonds crushed finely nature valley® (3 pouches from 8.9-oz box)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 2 cups cranberries fresh
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 1 cup granulated sugar
- ☐ 5 cups pears peeled sliced (5 to 6 pears)

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, cranberries, granulated sugar and 3 tablespoons 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:29.61, Glycemic Load:27.19, Inflammation Score:-4, Nutrition Score:4.6469564849268%

Flavonoids

Cyanidin: 13.7mg, Cyanidin: 13.7mg, Cyanidin: 13.7mg, Cyanidin: 13.7mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 275.02kcal (13.75%), Fat: 6.41g (9.87%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 51.8g (18.84%), Sugar: 42.55g (47.28%), Cholesterol: 0mg (0%), Sodium: 70.74mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Fiber: 4.32g (17.3%), Manganese: 0.21mg (10.71%), Vitamin C: 7.84mg (9.5%), Copper: 0.12mg (6.02%), Vitamin A: 293.91IU (5.88%), Vitamin E: 0.87mg (5.78%), Folate: 22.06µg (5.52%), Vitamin K: 5.7µg (5.43%), Vitamin B1: 0.08mg (5.24%), Vitamin B2: 0.09mg (5.04%), Potassium: 163.21mg (4.66%), Selenium: 3.04µg (4.34%), Iron: 0.69mg (3.83%), Vitamin B3: 0.68mg (3.42%), Magnesium: 13.12mg (3.28%), Phosphorus: 28.78mg (2.88%), Vitamin B6: 0.05mg (2.57%), Calcium: 22.33mg (2.23%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.21mg (1.37%)