



Roasted Pear Crumble



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 2 purée of usa bartlett pear firm cored ripe halved
- ☐ 1 tablespoon sesame seeds black
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup mascarpone cheese
- ☐ 2 tablespoons oats
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pecans raw coarsely chopped

- ☐ 0.3 cup pumpkin seeds shelled (pepitas)
- ☐ 2 teaspoons sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place racks in upper and lower thirds of oven and preheat to 375°F.
- ☐ Place pears, cut side up, on a small baking sheet, drizzle with 2 teaspoon oil, and roast on upper rack until soft, 20–30 minutes.
- ☐ Let cool slightly.
- ☐ Meanwhile, toss almonds, pumpkin seeds, brown sugar, oats, salt, and remaining 2 tablespoon oil on a small baking sheet. Toast on lower rack, stirring occasionally, until golden, 10–12 minutes.
- ☐ Remove from oven and mix in sesame seeds.
- ☐ Let cool.
- ☐ Whisk mascarpone and sugar in a small bowl. Spoon mascarpone onto plates and top with pears and nut-oat crumble.
- ☐ More Ideas For...Nut-Oat Crumble
- ☐ It's worth making extra batches of this crunchy, lightly sweetened topping. Store it in an airtight container for up to a week, then get started with these suggestions. Breakfast Boost
- ☐ Sprinkle it on pancakes, French toast, or waffles to add rich crunch. Or treat it like a grown-up granola. Ice Cream Sundae Mash berries, spoon over vanilla ice cream, then top with crumble. Peanut Butter Crunch
- ☐ Spread multigrain toast with peanut butter and sprinkle with crumble.
- ☐ Per serving: 540 calories, 47 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts

PROTEIN 6% FAT 62.36% CARBS 31.64%

Properties

Glycemic Index:51.52, Glycemic Load:6.56, Inflammation Score:-4, Nutrition Score:6.8152173550233%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 318.76kcal (15.94%), Fat: 22.41g (34.48%), Saturated Fat: 9.05g (56.58%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 21.46g (7.8%), Sugar: 16.78g (18.64%), Cholesterol: 28.13mg (9.38%), Sodium: 28.47mg (1.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Manganese: 0.66mg (32.76%), Fiber: 4.13g (16.53%), Copper: 0.29mg (14.69%), Magnesium: 48.21mg (12.05%), Phosphorus: 101.37mg (10.14%), Vitamin A: 422.95IU (8.46%), Calcium: 79.64mg (7.96%), Iron: 1.15mg (6.4%), Zinc: 0.93mg (6.2%), Vitamin B1: 0.09mg (6.14%), Potassium: 175.88mg (5.03%), Vitamin C: 4.06mg (4.92%), Vitamin K: 5.15µg (4.91%), Vitamin E: 0.59mg (3.91%), Selenium: 2.34µg (3.34%), Vitamin B6: 0.06mg (3.16%), Folate: 11.98µg (3%), Vitamin B2: 0.05mg (2.78%), Vitamin B3: 0.55mg (2.74%), Vitamin B5: 0.16mg (1.63%)