



Skillet-Baked Pear-and-Apple Crisp

READY IN



90 min.

SERVINGS



30

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds bartlett pears firm cored peeled thinly sliced
- ☐ 2 tablespoons cognac
- ☐ 0.8 cup currants dried
- ☐ 1 cup flour all-purpose
- ☐ 1.5 pounds granny smith apples cored thinly sliced
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey
- ☐ 0.3 cup brown sugar light

- ☐ 1 cup brown sugar light
- ☐ 0.3 cup pecans
- ☐ 1 stick butter unsalted cut into cubes
- ☐ 30 servings whipped cream for serving

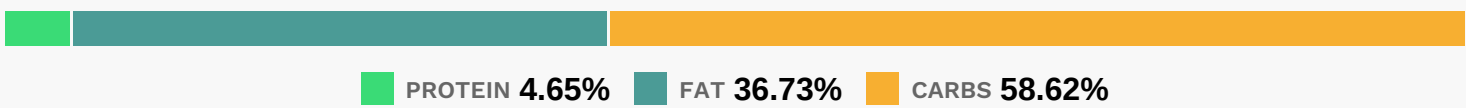
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 and butter a 12-inch cast-iron skillet.
- ☐ In a food processor, combine the sugar with the flour, pecans and cinnamon.
- ☐ Add the butter and pulse until the mixture is fine.
- ☐ Transfer the topping to a bowl and press into clumps.
- ☐ In a large bowl, combine the apples and pears with the currants, sugar, cinnamon, cardamom, honey and Cognac and stir until the sugar is dissolved.
- ☐ Spread the fruit in the skillet and scatter the topping over the fruit.
- ☐ Bake the crisp in the center of the oven for about 1 hour, until the fruit is bubbling and the topping is browned.
- ☐ Let cool for 20 minutes before serving with ice cream.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:15.33, Inflammation Score:-3, Nutrition Score:4.8273912771888%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 267.13kcal (13.36%), Fat: 11.04g (16.98%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 37.48g (13.63%), Sugar: 32.05g (35.61%), Cholesterol: 37.14mg (12.38%), Sodium: 58.01mg (2.52%), Alcohol: 0.33g (100%), Alcohol %: 0.31% (100%), Protein: 3.15g (6.29%), Vitamin B2: 0.2mg (11.73%), Calcium: 102.33mg (10.23%), Phosphorus: 86.18mg (8.62%), Fiber: 2.14g (8.56%), Vitamin A: 394.07IU (7.88%), Manganese: 0.14mg (7.02%), Potassium: 229.67mg (6.56%), Vitamin B1: 0.08mg (5.19%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.26µg (4.4%), Selenium: 2.85µg (4.08%), Magnesium: 16.02mg (4.01%), Zinc: 0.58mg (3.86%), Copper: 0.07mg (3.61%), Folate: 13.78µg (3.44%), Vitamin B6: 0.07mg (3.3%), Vitamin C: 2.64mg (3.2%), Iron: 0.5mg (2.8%), Vitamin E: 0.37mg (2.5%), Vitamin B3: 0.47mg (2.33%), Vitamin K: 2.02µg (1.93%), Vitamin D: 0.19µg (1.26%)