



## Slow-Cooker Pear & Cranberry Crisp

 Vegetarian

READY IN



200 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

### Ingredients

- 0.3 cup planters almonds sliced
- 6 Tbsp butter divided
- 1 cup cranberries fresh
- 1 tsp ground cinnamon
- 3.4 oz jell-o vanilla flavor pudding instant
- 10 pears fresh peeled cut into 3/4-inch-thick slices
- 0.5 cup sugar divided
- 12 vanilla wafers crushed

## Equipment

- bowl
- microwave
- slow cooker

## Directions

- Combine fruit in large bowl. Melt 1/4 cup butter; toss with fruit.
- Mix dry pudding mix, cinnamon and 1/4 cup sugar until blended.
- Add to fruit mixture; mix lightly. Spoon into slow cooker sprayed with cooking spray; cover with lid. Cook on LOW 3 to 4 hours.
- Meanwhile, microwave remaining butter in shallow microwaveable dish on HIGH 30 sec. or until melted.
- Add crushed wafers, nuts and remaining sugar; mix well. Microwave 1 min.; stir. Microwave 1-1/2 to 2 min. or until golden brown, stirring every 30 sec. Cool.
- Sprinkle dessert with crushed wafer mixture just before serving.

## Nutrition Facts

 **PROTEIN 2.06%** **FAT 28.38%** **CARBS 69.56%**

## Properties

Glycemic Index:29.38, Glycemic Load:19.28, Inflammation Score:-3, Nutrition Score:5.397826048991%

## Flavonoids

Cyanidin: 8.37mg, Cyanidin: 8.37mg, Cyanidin: 8.37mg, Cyanidin: 8.37mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## **Nutrients (% of daily need)**

Calories: 289.4kcal (14.47%), Fat: 9.65g (14.84%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 53.2g (17.73%), Net Carbohydrates: 46.74g (17%), Sugar: 37.8g (41.99%), Cholesterol: 18.39mg (6.13%), Sodium: 147.06mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Fiber: 6.46g (25.85%), Manganese: 0.22mg (11.03%), Vitamin C: 9.06mg (10.99%), Copper: 0.18mg (8.94%), Vitamin K: 9.01µg (8.58%), Vitamin E: 1.14mg (7.59%), Potassium: 242.68mg (6.93%), Vitamin B2: 0.1mg (5.72%), Vitamin A: 264.2IU (5.28%), Folate: 20.18µg (5.04%), Magnesium: 19.6mg (4.9%), Phosphorus: 38.95mg (3.9%), Vitamin B1: 0.06mg (3.87%), Vitamin B6: 0.06mg (3.06%), Vitamin B3: 0.57mg (2.87%), Calcium: 28.24mg (2.82%), Iron: 0.46mg (2.58%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.14mg (1.38%)