

Spicy Autumn Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds purée of usa bartlett pear peeled coarsely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 9 gingersnap cookies (such as Nabisco)
- ☐ 0.5 cup golden raisins pitted chopped
- ☐ 1.5 pounds apples i use 2 granny smith apples peeled chopped
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 cup stick margarine chilled cut into small pieces

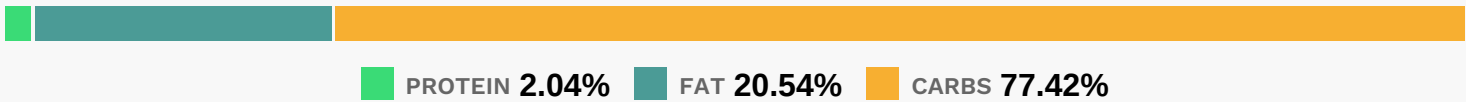
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ To prepare topping, place cookies in a food processor; pulse 10 times or until coarse crumbs form to measure 1/2 cup.
- ☐ Combine cookie crumbs, sugars, and flour in a medium bowl; cut in the butter with a pastry blender or 2 knives until mixture is crumbly.
- ☐ To prepare filling, combine apple and remaining ingredients in a large bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or a 1 1/2-quart casserole.
- ☐ Sprinkle with topping.
- ☐ Bake at 375 for 45 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:17.78, Inflammation Score:-4, Nutrition Score:6.1800000350112%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 266.47kcal (13.32%), Fat: 6.33g (9.73%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 48.87g (17.77%), Sugar: 39.83g (44.26%), Cholesterol: 0mg (0%), Sodium: 108.69mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Manganese: 0.43mg (21.52%), Fiber: 4.8g (19.19%), Potassium: 393.58mg (11.25%), Magnesium: 38.79mg (9.7%), Copper: 0.18mg (9.14%), Vitamin C: 7.08mg (8.59%), Iron: 1.43mg (7.95%), Vitamin B6: 0.15mg (7.56%), Vitamin A: 297.81IU (5.96%), Vitamin B2: 0.09mg (5.14%), Calcium: 49.56mg (4.96%), Vitamin K: 5.09µg (4.85%), Selenium: 2.9µg (4.14%), Folate: 16.36µg (4.09%), Phosphorus: 38.54mg (3.85%), Vitamin B1: 0.05mg (3.62%), Vitamin B3: 0.72mg (3.59%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.2mg (1.36%)