



Vanilla-Ginger-Pear Crumble

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 2.8 lb purée of usa bartlett pear firm ripe peeled cut into 1/2-inch slices (6 cups)
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons vanilla
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter cold cut into pieces

☐ 0.5 cup vanilla wafers crushed

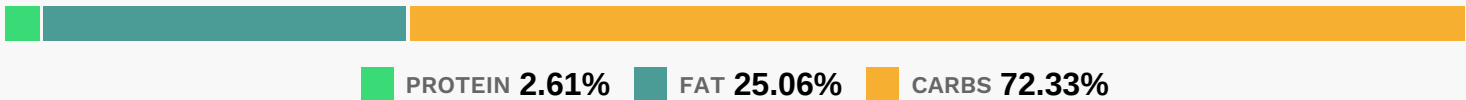
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F.
- ☐ In large bowl, mix pear mixture ingredients until evenly coated.
- ☐ Spread in ungreased 8-inch square (2-quart) glass baking dish.
- ☐ In same bowl, mix 1/3 cup flour and the brown sugar.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Stir in crushed cookies. Crumble over pears.
- ☐ Bake 50 to 60 minutes or until pears are tender and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:56.35, Glycemic Load:26.24, Inflammation Score:-4, Nutrition Score:6.2773913106193%

Nutrients (% of daily need)

Calories: 347.02kcal (17.35%), Fat: 9.67g (14.87%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 62.78g (20.93%), Net Carbohydrates: 55.93g (20.34%), Sugar: 40.45g (44.94%), Cholesterol: 0.09mg (0.03%), Sodium: 131.12mg (5.7%), Alcohol: 0.46g (100%), Alcohol %: 0.23% (100%), Protein: 2.27g (4.53%), Fiber: 6.85g (27.41%), Vitamin C: 9.17mg (11.11%), Manganese: 0.21mg (10.3%), Folate: 38.03µg (9.51%), Vitamin B1: 0.14mg (9.25%), Copper: 0.18mg (9.12%), Vitamin A: 396.59IU (7.93%), Vitamin K: 7.93µg (7.55%), Vitamin B2: 0.13mg (7.55%), Potassium: 248.29mg (7.09%), Vitamin B3: 1.17mg (5.85%), Selenium: 3.66µg (5.23%), Iron: 0.94mg (5.21%), Magnesium: 16.18mg (4.04%), Phosphorus: 39.82mg (3.98%), Vitamin E: 0.55mg (3.66%), Vitamin B6: 0.06mg (3.21%), Calcium: 30.99mg (3.1%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.15mg (1.5%)