

Pear Crumble

Jean Krissy
Relish Magazine

Servings: 8

CRUMBLE

2/3 cup all-purpose flour
1/4 cup granulated sugar
1/4 cup packed brown sugar
1/4 cup butter, chilled, cut into small pieces
1/3 cup chopped walnuts

FILLING

6 cups (2-1/2 pounds) firm pears, peeled and cut into small chunks
1/3 cup apple cider or juice
1 tablespoon lemon juice
2 teaspoons all-purpose flour
1/4 cup orange marmalade

Preheat the oven to 375 degrees.

To prepare the crumble: in a large bowl, combine the flour and sugars. Cut in the butter with two knives or your fingers until crumbly. Stir in the walnuts.

To prepare the filling: In a large bowl, combine the pears, cider, lemon juice and flour. Spoon into an eight-inch square baking dish. Dot with the marmalade. Sprinkle with the crumble mixture.

Bake for 40 minutes or until the fruit is bubbling at the edges and the top is golden brown.

Per Serving (excluding unknown items): 197 Calories; 9g Fat (38.7% calories from fat); 2g Protein; 29g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	197	Vitamin B6 (mg):	trace
% Calories from Fat:	38.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	24mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refuse:	0 0%

Carbohydrate (g):	29g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	67mg
Potassium (mg):	71mg
Calcium (mg):	16mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	237IU
Vitamin A (r.e.):	55 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 197 Calories from Fat: 76

% Daily Values*

Total Fat 9g	13%
Saturated Fat 4g	19%
Cholesterol 16mg	5%
Sodium 67mg	3%
Total Carbohydrates 29g	10%
Dietary Fiber 1g	4%
Protein 2g	
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Vitamin A	5%
Vitamin C	3%
Calcium	2%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.