

Cardamom Cranberry Pear Crisp

Hilary Copsey
Scripps Treasure Coast Newspapers

Servings: 8

TOPPING

1/2 cup (1 stick) butter, room temperature

1/2 cup packed brown sugar

3/4 cup all-purpose flour

3/4 cup oats

1/2 teaspoon cinnamon

1/4 teaspoon salt

FILLING

8 pears peeled, cored and sliced

1 package (8 ounce) frozen or fresh cranberries

1/2 cup packed brown sugar

1/2 teaspoon ground cardamom

1/4 teaspoon salt

2 tablespoons cornstarch

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

Coat a 9x9-inch pan with cooking spray.

To make the topping: In a medium bowl, use an electric mixer to beat together the butter and brown sugar until creamy. Add the flour, oats, cinnamon and salt. Stit together until the mixture just forms moistened crumbs and small clumps. Set aside.

To make the filling: In a medium bowl, toss together the pears, cranberries, brown sugar, cardamom, salt and cornstarch. Spread the mixture evenly into the prepared pan. Sprinkle the topping evenly over the filling.

Bake for about one hour or until the pears are tender and bubbling and the topping is well browned.

Start to Finish Time: 1 hour 15 minutes

Per Serving (excluding unknown items): 262 Calories; 7g Fat (23.2% calories from fat); 4g Protein; 47g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 203mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	262	Vitamin B6 (mg):	trace
% Calories from Fat:	23.2%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates:	71.1%
% Calories from Protein:	5.6%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	16mg
Carbohydrate (g):	47g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	203mg
Potassium (mg):	174mg
Calcium (mg):	38mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	217IU
Vitamin A (r.e.):	53 1/2RE

Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	27mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 262	Calories from Fat: 61
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% Daily Values*

Total Fat 7g	11%
Saturated Fat 4g	19%
Cholesterol 16mg	5%
Sodium 203mg	8%
Total Carbohydrates 47g	16%
Dietary Fiber 2g	8%
Protein 4g	
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Vitamin A	4%
Vitamin C	0%
Calcium	4%
Iron	10%

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