



## Almond-Stuffed Pears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon almond extract
- 0.5 cup almonds toasted finely chopped
- 2 tablespoons brown sugar
- 6 medium pears cored peeled halved
- 1.5 cups water
- 0.3 cup grape juice white

### Equipment

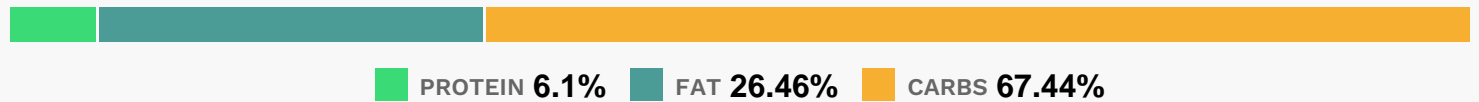
- oven

baking pan

## Directions

- Place pears, cut side down, in an ungreased 13-in. x 9-in. baking dish.
- Combine water and grape juice; pour over pears. Cover and bake at 350° for 35–45 minutes or until tender.
- Turn the pears over.
- Combine almonds, sugar and extract; mix well. Spoon into pear cavities.
- Bake, uncovered, for 5 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:7.79, Glycemic Load:8.02, Inflammation Score:-3, Nutrition Score:7.5026087424029%

## Flavonoids

Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 6.84mg, Epicatechin: 6.84mg, Epicatechin: 6.84mg, Epicatechin: 6.84mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 194.33kcal (9.72%), Fat: 6.21g (9.56%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 28.6g (10.4%), Sugar: 23.76g (26.4%), Cholesterol: 0mg (0%), Sodium: 6.69mg (0.29%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 3.22g (6.45%), Fiber: 7.04g (28.14%), Vitamin E: 3.26mg (21.76%),

Manganese: 0.39mg (19.7%), Copper: 0.28mg (14.13%), Magnesium: 47mg (11.75%), Vitamin B2: 0.18mg (10.84%), Vitamin C: 7.67mg (9.29%), Potassium: 313.89mg (8.97%), Phosphorus: 80.81mg (8.08%), Vitamin K: 7.89µg (7.51%), Calcium: 54.73mg (5.47%), Iron: 0.83mg (4.59%), Folate: 17.74µg (4.44%), Zinc: 0.57mg (3.78%), Vitamin B3: 0.74mg (3.71%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.21%), Vitamin B5: 0.16mg (1.55%), Selenium: 0.71µg (1.02%)