



Baked Cardamom Pears and Apricots

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds chopped
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1.5 tablespoons butter
- ☐ 6 oz apricots dried
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.3 cup honey
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 quart vanilla nonfat yogurt frozen

- ☐ 4 firm-ripe pears such as bosc or comice (2 to 2 1/4 lb. total)
- ☐ 0.3 cup quick-cooking rolled oats
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup wheat germ toasted

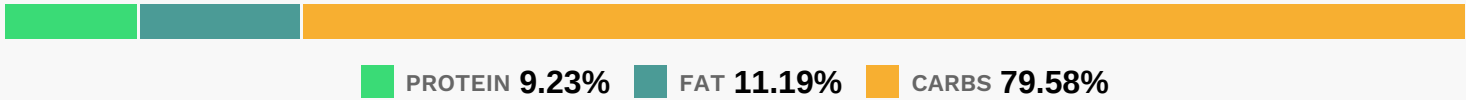
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut butter into small pieces. In an 8- or 9-inch square pan, mix butter with oats, wheat germ, brown sugar, and almonds.
- ☐ Bake in a 350 oven until mixture is lightly browned and crisp, 10 to 15 minutes; stir several times.
- ☐ Let cool.
- ☐ Meanwhile, in a 2- to 3-quart pan, combine honey, lemon juice, vanilla, almond extract, cardamom, apricots, and 2 tablespoons water. Bring to a boil and remove from heat.
- ☐ Peel, halve, and core pears.
- ☐ Lay pears, cut side down, in a shallow 2- to 2 1/2-quart casserole. Spoon honey-apricot mixture over pears and cover casserole tightly.
- ☐ Bake until pears are tender when pierced, 35 to 40 minutes.
- ☐ Spoon pears, apricots, and juices equally into wide bowls.
- ☐ Add scoops of frozen yogurt to each serving and sprinkle with topping.

Nutrition Facts



Properties

Glycemic Index:25.3, Glycemic Load:13.75, Inflammation Score:-7, Nutrition Score:13.710434727047%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 346.97kcal (17.35%), Fat: 4.54g (6.99%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 72.73g (24.24%), Net Carbohydrates: 67.09g (24.4%), Sugar: 60.39g (67.1%), Cholesterol: 2.37mg (0.79%), Sodium: 100.17mg (4.36%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 8.44g (16.88%), Manganese: 1.02mg (51.23%), Phosphorus: 236.26mg (23.63%), Fiber: 5.64g (22.55%), Calcium: 219.43mg (21.94%), Potassium: 676.37mg (19.32%), Vitamin B2: 0.31mg (18.49%), Selenium: 12.9µg (18.43%), Vitamin A: 896.82IU (17.94%), Magnesium: 59.73mg (14.93%), Zinc: 1.86mg (12.4%), Vitamin E: 1.85mg (12.32%), Copper: 0.24mg (12.24%), Vitamin B1: 0.18mg (11.73%), Vitamin B12: 0.56µg (9.31%), Vitamin B6: 0.18mg (9.04%), Folate: 35.54µg (8.89%), Iron: 1.49mg (8.27%), Vitamin C: 6.04mg (7.32%), Vitamin B3: 1.29mg (6.43%), Vitamin K: 5.98µg (5.7%), Vitamin B5: 0.32mg (3.23%)