



Baked Curried Fruit



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups brown sugar packed
- ☐ 2.5 cups butter melted
- ☐ 1.3 cups cornstarch
- ☐ 3 tablespoons curry powder
- ☐ 2 tablespoons ground cinnamon
- ☐ 64 ounce maraschino cherries drained
- ☐ 29 ounce peaches sliced canned
- ☐ 116 ounce pears sliced canned

☐

20 ounce pineapple chunks canned

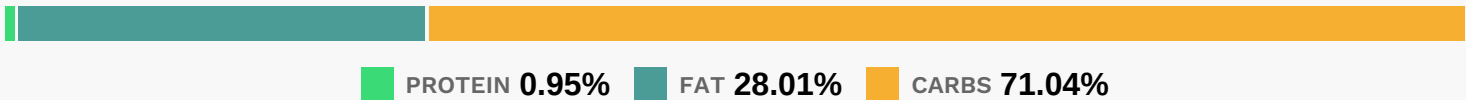
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Drain pineapple, peaches, and pears, reserving 10 cups juice mixture.
- ☐ Arrange pineapple, peaches, and pears evenly in 2 (15- x 12-inch) roasting pans. Top with cherries.
- ☐ Whisk together reserved 10 cups juice, brown sugar, and remaining ingredients.
- ☐ Pour evenly over each pan of fruit mixture.
- ☐ Bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:0.87, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:1.8730435073376%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 145.22kcal (7.26%), Fat: 4.71g (7.24%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 24.91g (9.06%), Sugar: 22.42g (24.91%), Cholesterol: 0mg (0%), Sodium: 59.03mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Fiber: 1.96g (7.82%), Vitamin A: 251.26IU (5.03%), Copper: 0.07mg (3.67%), Manganese: 0.07mg (3.33%), Vitamin C: 2.32mg (2.81%), Calcium: 27.32mg (2.73%), Potassium: 79.55mg (2.27%), Vitamin E: 0.33mg (2.19%), Vitamin K: 2.23µg (2.13%), Iron: 0.33mg (1.85%), Magnesium: 6.3mg (1.57%), Vitamin B6: 0.02mg (1.2%)