



Baked Pear



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 4 bosc pears
- ☐ 3 tablespoons butter melted
- ☐ 1 dash ground ginger
- ☐ 2 tablespoons honey

Equipment

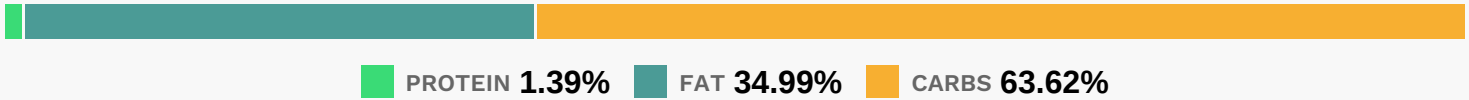
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Peel pears and scoop out bottom core.
- ☐ Cut a small slice from the bottom so pears will stand upright.
- ☐ Place in a shallow baking dish and set aside.
- ☐ Melt butter in the microwave or a small saucepan over medium heat.
- ☐ Drizzle pears with melted butter and honey, and sprinkle with ground ginger (and lavender, if using). Cover with aluminum foil with the stems poking through foil.
- ☐ Bake in the preheated oven for about 1 hour, or until tender. Baste with released juices occasionally during baking, and again just before serving.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:12.43, Inflammation Score:-3, Nutrition Score:4.2430434563886%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg 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, Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 209.5kcal (10.48%), Fat: 8.78g (13.5%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 30.32g (11.03%), Sugar: 25.99g (28.88%), Cholesterol: 22.58mg (7.53%), Sodium: 69.78mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Fiber: 5.57g (22.3%), Vitamin C: 7.71mg (9.34%), Manganese: 0.18mg (8.85%), Vitamin K: 8.57µg (8.16%), Copper: 0.15mg (7.55%), Potassium: 217.76mg (6.22%), Vitamin A: 306.97IU (6.14%), Magnesium: 13.41mg (3.35%), Folate: 13.02µg (3.25%), Vitamin B2: 0.05mg

(3.19%), Vitamin E: 0.46mg (3.05%), Vitamin B6: 0.06mg (2.8%), Phosphorus: 24.72mg (2.47%), Iron: 0.42mg (2.31%), Calcium: 19.45mg (1.95%), Vitamin B3: 0.33mg (1.64%), Vitamin B1: 0.02mg (1.47%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.11mg (1.07%)