

Baked Pears

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- 4 teaspoons butter
- 0.3 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 4 teaspoons orange marmalade
- 2 medium pears ripe peeled halved
- 2 teaspoons sugar

Equipment

- oven

baking pan

Directions

- Place pear halves, cut side up, in a shallow 1-qt. baking dish.
- Place butter in the center of each; drizzle with lemon juice.
- Combine sugar and cinnamon; sprinkle over pears. Top with marmalade. Cover and bake at 350° for 15–20 minutes or until heated through.

Nutrition Facts

PROTEIN 1.3% FAT 31.25% CARBS 67.45%

Properties

Glycemic Index:40.46, Glycemic Load:5.36, Inflammation Score:-2, Nutrition Score:2.1491304266712%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg 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: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 112.08kcal (5.6%), Fat: 4.19g (6.45%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 17.47g (6.35%), Sugar: 14.91g (16.57%), Cholesterol: 10.75mg (3.58%), Sodium: 37.01mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Fiber: 2.88g (11.51%), Vitamin C: 4.65mg (5.64%), Vitamin K: 4.3µg (4.1%), Copper: 0.08mg (4%), Manganese: 0.07mg (3.31%), Potassium: 108.9mg (3.11%), Vitamin A: 151.98IU (3.04%), Folate: 7.27µg (1.82%), Magnesium: 6.62mg (1.65%), Vitamin B2: 0.03mg (1.6%), Vitamin E: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.4%), Calcium: 13.22mg (1.32%), Phosphorus: 12.34mg (1.23%), Iron: 0.18mg (1.02%)