



Baked Pears with Cranberry-Ginger Filling and Cider Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 8 bartlett pears firm ripe
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 1 cup cranberries fresh
- ☐ 1 tablespoon crystallized ginger chopped

- ☐ 0.5 teaspoon ground ginger
- ☐ 1 optional: lemon halved
- ☐ 1 teaspoon orange rind grated

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Peel pears, leaving stems intact. Slice 1 inch from top of each pear to form a cap. Slice about 1/4 inch from base of each pear so it will sit flat. Core each pear. Rub outside of pears with cut sides of lemon halves. Discard lemon.
- ☐ Combine cranberries, 1/2 cup sugar, crystallized ginger, and rind in a food processor; pulse until finely chopped.
- ☐ Place pears in a 13 x 9-inch baking dish. Fill each pear cavity with 3 teaspoons cranberry mixture, 1 teaspoon at a time. Top each pear with its cap.
- ☐ Pour cider over pears.
- ☐ Drizzle butter evenly over pears.
- ☐ Combine 1 tablespoon of sugar and ground ginger; sprinkle evenly over pears. Carefully cover with foil.
- ☐ Bake at 400 for 1 hour or until tender, basting every 20 minutes.
- ☐ Using a spatula, carefully remove pears from baking dish; place on individual dessert plates.
- ☐ Pour liquid from baking dish into a medium saucepan. Cook over medium-high heat until reduced to 1/2 cup (about 12 minutes).
- ☐ Drizzle 1 tablespoon sauce over each pear.

Nutrition Facts



PROTEIN 1.81% FAT 7.53% CARBS 90.66%

Properties

Glycemic Index:25.28, Glycemic Load:10.72, Inflammation Score:-3, Nutrition Score:5.0452173865684%

Flavonoids

Cyanidin: 5.81mg, Cyanidin: 5.81mg, Cyanidin: 5.81mg, Cyanidin: 5.81mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 210.55kcal (10.53%), Fat: 1.8g (2.78%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 42.46g (15.44%), Sugar: 36.7g (40.78%), Cholesterol: 3.76mg (1.25%), Sodium: 19.23mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Fiber: 6.45g (25.8%), Vitamin C: 17.34mg (21.02%), Manganese: 0.19mg (9.41%), Copper: 0.16mg (8.12%), Potassium: 261.09mg (7.46%), Vitamin K: 7.51µg (7.15%), Magnesium: 15.72mg (3.93%), Vitamin B6: 0.08mg (3.85%), Calcium: 36.51mg (3.65%), Iron: 0.62mg (3.44%), Vitamin B2: 0.06mg (3.38%), Folate: 12.59µg (3.15%), Vitamin E: 0.44mg (2.95%), Phosphorus: 26.47mg (2.65%), Vitamin B1: 0.03mg (2.33%), Vitamin A: 105.43IU (2.11%), Vitamin B3: 0.37mg (1.86%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.18mg (1.19%)