



Baked Pears with Currants and Cinnamon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 10 anjou pears firm ripe unpeeled
- ☐ 0.7 cup brown sugar dark packed ()
- ☐ 0.7 cup currants dried
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.7 cup sugar
- ☐ 0.7 cup water ()

Equipment

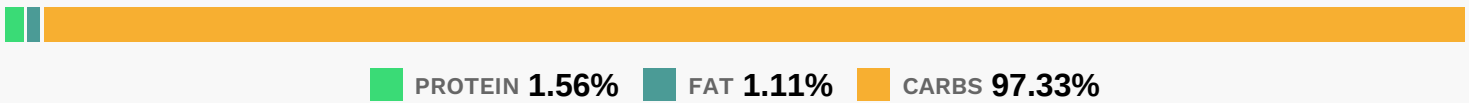
- ☐ bowl

- ☐ oven
- ☐ apple corer
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Using apple corer, cut through stem of each pear and all the way through pear to base to remove core. Trim bottoms so that pears stand straight. Arrange pears in 15x10x2-inch glass baking dish.
- ☐ Combine sugar, brown sugar and cinnamon in medium bowl.
- ☐ Add currants. Fill pear cavities with half of sugar mixture. Stir cup water into remaining sugar mixture; pour around pears. (Can be made 8 hours ahead. Cover; chill.)
- ☐ Bake pears uncovered until tender and sauce is syrupy, adding more water to dish by 1/4 cupfuls if syrup becomes too thick and basting occasionally, about 50 minutes.
- ☐ Serve pears warm with syrup.

Nutrition Facts



Properties

Glycemic Index:13.68, Glycemic Load:18.97, Inflammation Score:-2, Nutrition Score:4.647826106652%

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: 237.11kcal (11.86%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 62.36g (20.79%), Net Carbohydrates: 56.26g (20.46%), Sugar: 50.88g (56.53%), Cholesterol: 0mg (0%), Sodium: 10.97mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Fiber: 6.1g (24.4%), Vitamin C: 8.12mg (9.84%), Manganese: 0.19mg (9.64%), Copper: 0.19mg (9.3%), Potassium: 302.14mg (8.63%), Vitamin K: 8.24µg (7.85%),

Magnesium: 17.57mg (4.39%), Vitamin B6: 0.09mg (4.33%), Calcium: 40.25mg (4.03%), Vitamin B2: 0.06mg (3.68%), Iron: 0.64mg (3.54%), Folate: 13.58µg (3.4%), Phosphorus: 31.64mg (3.16%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.46mg (2.31%), Vitamin E: 0.23mg (1.54%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.11mg (1.12%), Vitamin A: 52.39IU (1.05%)