



Baked Pears with Ice cream



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 2 tablespoons brown sugar
- ☐ 4 juice of lemon
- ☐ 2 pears firm
- ☐ 4 small scoops whipped cream for serving
- ☐ 0.5 cup water

Equipment

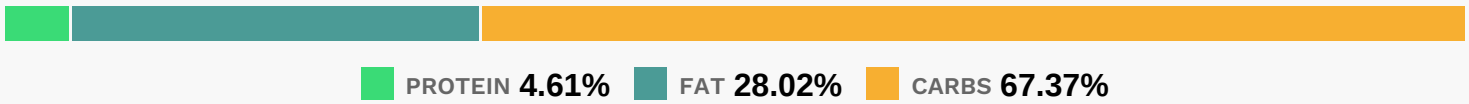
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ peeler
- ☐ melon baller

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Peel the pears with a vegetable peeler.
- ☐ Cut them in half lengthwise, leaving the stems on two of the halves if possible, and remove cores with a small melon baller.
- ☐ Place in an 8x8-inch baking pan, cut-side down.
- ☐ Combine the lemon juice, apple juice, water, and brown sugar; pour over the pears. Set the pan over medium heat and bring the juices to a boil. Cover the pan with aluminum foil.
- ☐ Bake for 40 minutes (basting after 15 minutes), or until the pears are tender when tested with a toothpick.
- ☐ Chill the pears overnight in the refrigerator, covered with the cooking syrup.
- ☐ Serve in four small dessert bowls to fit, cored-side up, with a small scoop of ice cream in the center of each. Spoon a little of the syrup into each bowl.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:14.58, Inflammation Score:-4, Nutrition Score:5.5834782641867%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

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Nutrients (% of daily need)

Calories: 231.01kcal (11.55%), Fat: 7.5g (11.53%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 37.19g (13.52%), Sugar: 32.23g (35.81%), Cholesterol: 29.04mg (9.68%), Sodium: 58.39mg (2.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Vitamin C: 16.11mg (19.53%), Fiber: 3.37g (13.49%), Vitamin B2: 0.19mg (11.25%), Calcium: 102.64mg (10.26%), Potassium: 304.77mg (8.71%), Phosphorus: 84.79mg (8.48%), Vitamin A: 302.22IU (6.04%), Copper: 0.1mg (5.21%), Magnesium: 19.66mg (4.91%), Vitamin B5: 0.49mg (4.89%), Vitamin B12: 0.26µg (4.29%), Vitamin B6: 0.08mg (3.97%), Vitamin K: 4.11µg (3.92%), Manganese: 0.08mg (3.92%), Folate: 15.59µg (3.9%), Zinc: 0.57mg (3.8%), Vitamin B1: 0.05mg (3.43%), Vitamin E: 0.35mg (2.35%), Selenium: 1.41µg (2.01%), Iron: 0.32mg (1.8%), Vitamin B3: 0.28mg (1.38%)