



Baked Pears With Oatmeal Streusel Topping

 Vegetarian  Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- 6 bosc pears
- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 6 servings oatmeal streusel topping
- 0.5 cup orange juice
- 0.3 cup slivered almonds
- 0.3 cup cranberries dried sweetened

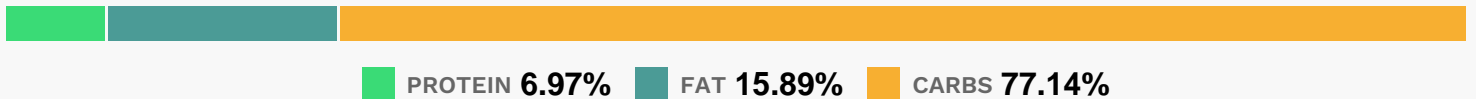
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 35
- Place slivered almonds in a shallow pan, and bake 4 to 5 minutes or until toasted and fragrant, stirring after 2 minutes. Increase oven temperature to 37
- Peel pears, and cut 1 inch off stem end.
- Remove core from stem end, and scoop out about 2 Tbsp. pulp from top of each pear, using a small spoon, to form a cup.
- Cut about 1/4 inch from bottom of pears, forming a flat base.
- Place pears in an 11- x 7-inch baking dish.
- Combine honey and lemon juice in a small saucepan.
- Heat over medium low heat until warm. Stir in toasted almonds and cranberries.
- Spoon honey mixture into pears.
- Pour orange juice into baking dish.
- Bake, covered with aluminum foil, at 375 for 15 minutes. Uncover and bake 10 more minutes.
- Sprinkle each pear with 1 Tbsp. Oatmeal Streusel Topping.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:19.36, Inflammation Score:-5, Nutrition Score:11.274782854578%

Flavonoids

Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg 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 Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 271.69kcal (13.58%), Fat: 5.15g (7.92%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 47.55g (17.29%), Sugar: 30.43g (33.81%), Cholesterol: 0mg (0%), Sodium: 7.39mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Manganese: 0.93mg (46.4%), Fiber: 8.68g (34.74%), Vitamin C: 19.97mg (24.21%), Magnesium: 63.23mg (15.81%), Copper: 0.31mg (15.55%), Phosphorus: 145.04mg (14.5%), Vitamin E: 2mg (13.34%), Potassium: 385.78mg (11.02%), Zinc: 1.57mg (10.47%), Selenium: 6.86µg (9.81%), Vitamin B1: 0.14mg (9.55%), Iron: 1.7mg (9.43%), Vitamin B2: 0.14mg (8.52%), Vitamin K: 8.72µg (8.3%), Folate: 29.46µg (7.36%), Vitamin B5: 0.54mg (5.44%), Calcium: 46.29mg (4.63%), Vitamin B3: 0.9mg (4.5%), Vitamin B6: 0.08mg (4.02%), Vitamin A: 86.19IU (1.72%)