



Baked Pears with Streusel Filling

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 3 anjou pear peeled cut in half lengthwise
- ☐ 1.5 tablespoons apples
- ☐ 0.3 cup apple juice
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 tablespoons butter melted
- ☐ 1 ounce flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon honey
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt

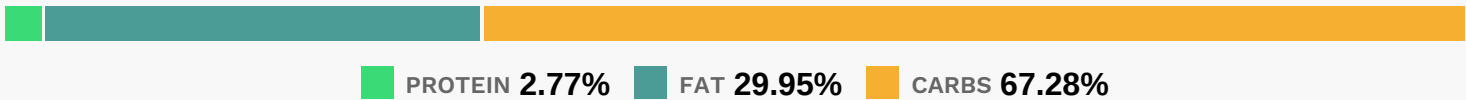
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ melon baller

Directions

- ☐ Preheat oven to 37
- ☐ To prepare streusel, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 6 ingredients (through allspice) in a bowl. Stir with a fork until mixture resembles coarse meal. Stir in pecans.
- ☐ To prepare pears, using a melon baller or spoon, scoop out core from each pear half. Spoon streusel evenly into pear halves.
- ☐ Place pear halves, cut sides up, in an 8-inch square baking dish.
- ☐ Pour apple juice and apple brandy into dish. Cover dish with foil.
- ☐ Bake at 375 for 30 minutes. Uncover and bake an additional 5 minutes.
- ☐ Serve pears warm.
- ☐ Drizzle evenly with cooking liquid.

Nutrition Facts



Properties

Glycemic Index:52.8, Glycemic Load:8.86, Inflammation Score:-2, Nutrition Score:4.0517391164018%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 178.77kcal (8.94%), Fat: 6.31g (9.71%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 28.35g (10.31%), Sugar: 22.35g (24.83%), Cholesterol: 7.53mg (2.51%), Sodium: 123.76mg (5.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.33mg (16.56%), Fiber: 3.55g (14.21%), Copper: 0.14mg (7.18%), Vitamin B1: 0.08mg (5.44%), Vitamin C: 4.23mg (5.12%), Potassium: 161.25mg (4.61%), Vitamin K: 4.47µg (4.25%), Folate: 16.29µg (4.07%), Magnesium: 14.82mg (3.7%), Vitamin B2: 0.06mg (3.43%), Iron: 0.62mg (3.42%), Phosphorus: 31.28mg (3.13%), Selenium: 2.06µg (2.94%), Vitamin B3: 0.51mg (2.55%), Calcium: 24.16mg (2.42%), Vitamin B6: 0.05mg (2.33%), Zinc: 0.35mg (2.33%), Vitamin A: 115.33IU (2.31%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.13mg (1.31%)