



Blushing Pears

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- 4 pears fresh peeled
- 6 oz jell-o raspberry flavor gelatin
- 4 cups water
- 0.5 cup cool whip whipped topping thawed

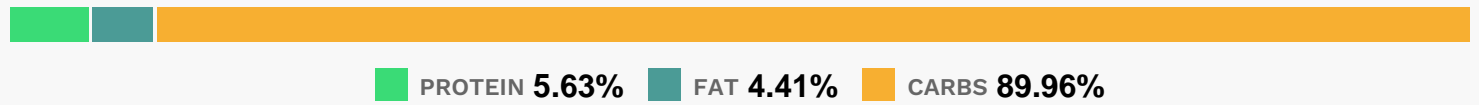
Equipment

- frying pan
- dutch oven

Directions

- Mix gelatin mixes and water in Dutch oven. Bring to boil on medium–high heat; cook 2 min. or until gelatin is completely dissolved, stirring frequently.
- Add pears; partially cover pan with lid. Simmer on medium–low heat 20 min. or just until pears are tender, stirring after 10 min.
- Remove pears from liquid; discard pear liquid or reserve for another use. (See tip.)
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:7.92, Inflammation Score:-2, Nutrition Score:4.4969564987266%

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 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: 284.48kcal (14.22%), Fat: 1.48g (2.27%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 67.75g (22.58%), Net Carbohydrates: 62.24g (22.63%), Sugar: 56.16g (62.39%), Cholesterol: 0.19mg (0.06%), Sodium: 218.52mg (9.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Fiber: 5.52g (22.07%), Copper: 0.23mg (11.75%), Vitamin C: 7.65mg (9.28%), Phosphorus: 88.26mg (8.83%), Vitamin K: 8.13µg (7.74%), Potassium: 218.93mg (6.26%), Selenium: 3.25µg (4.65%), Manganese: 0.09mg (4.51%), Vitamin B2: 0.07mg (4.24%), Magnesium: 16.33mg (4.08%), Folate: 14.02µg (3.5%), Calcium: 31.05mg (3.1%), Vitamin B6: 0.05mg (2.7%), Iron: 0.39mg (2.14%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.02mg (1.63%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.22mg (1.44%), Vitamin A: 51.44IU (1.03%)