



Broiled Apples and Pears with Rosemary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 4 bosc pears cored unpeeled halved thinly sliced lengthwise
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 golden delicious apples cored unpeeled halved thinly sliced lengthwise

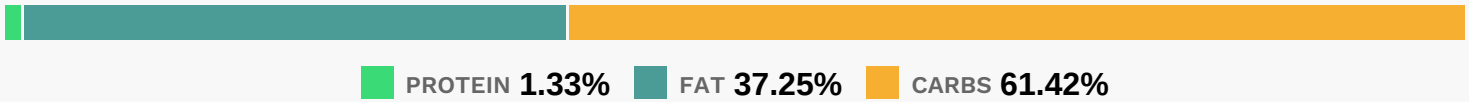
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Brush 2 large baking sheets with olive oil. Gently toss apples, pears, 1/4 cup oil, and minced rosemary in large bowl. Arrange fruit in single layer on sheets. Broil until fruit is tender and edges begin to brown, watching closely to avoid burning and turning sheets for even browning, about 5 minutes.
- ☐ Transfer fruit to platter.
- ☐ Sprinkle with pepper.
- ☐ Garnish with rosemary sprigs, if desired.
- ☐ Serve warm or at room temperature. (Can be prepared 4 hours ahead.
- ☐ Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:4.85, Inflammation Score:-2, Nutrition Score:2.4591304225766%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 4.7g (7.22%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 14.11g (5.13%), Sugar: 12.09g (13.44%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Fiber: 3.32g (13.28%), Vitamin C: 5.38mg (6.52%), Vitamin K:

6.65µg (6.34%), Vitamin E: 0.83mg (5.52%), Potassium: 134.9mg (3.85%), Copper: 0.07mg (3.28%), Manganese: 0.05mg (2.57%), Vitamin B6: 0.04mg (2.13%), Vitamin B2: 0.03mg (1.85%), Magnesium: 7.34mg (1.83%), Folate: 6.16µg (1.54%), Phosphorus: 13.9mg (1.39%), Iron: 0.22mg (1.2%), Vitamin B1: 0.02mg (1.17%), Vitamin A: 52.47IU (1.05%)