



Butterscotch Baked Pears

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce but bosc pears firm ripe peeled halved lengthwise
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons scotch
- ☐ 6 tablespoons butter unsalted ()
- ☐ 0.5 teaspoon vanilla extract

Equipment

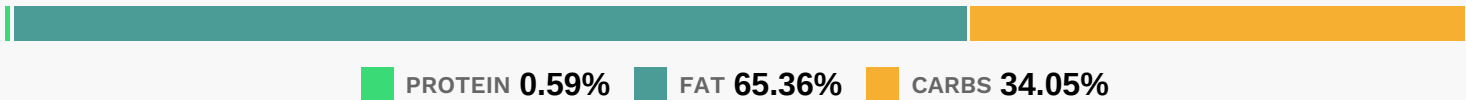
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ oven mitt
- ☐ melon baller

Directions

- ☐ Preheat oven to 350°F. Using melon baller or small spoon, scoop out core from each pear half. Melt butter in large ovenproof skillet over medium heat.
- ☐ Whisk in brown sugar and salt. Arrange pears, cut side down, in skillet in single layer. Spoon some of sugar mixture over pears.
- ☐ Place skillet in oven; bake until pears are tender, basting once with syrup, about 30 minutes.
- ☐ Transfer pears, cut side up, to large shallow bowl, leaving syrup in skillet.
- ☐ Mix Scotch and vanilla extract into syrup. Using oven mitts as aid, place hot skillet over medium-high heat (mixture may ignite). Cook until syrup is reduced by half, whisking often, about 2 minutes. Spoon syrup over pears and serve.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:1.2926086912984%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 164.83kcal (8.24%), Fat: 11.4g (17.53%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.48g (4.54%), Sugar: 11.71g (13.01%), Cholesterol: 30.1mg (10.03%), Sodium: 52.87mg (2.3%), Alcohol: 1.91g (100%), Alcohol %: 4.26% (100%), Protein: 0.23g (0.46%), Vitamin A: 356.95IU (7.14%), Fiber: 0.88g (3.52%), Vitamin E: 0.36mg (2.39%), Vitamin K: 2.23µg (2.12%), Copper: 0.03mg (1.54%), Vitamin C: 1.22mg (1.48%), Potassium: 48.99mg (1.4%), Vitamin D: 0.21µg (1.4%), Calcium: 13.59mg (1.36%), Manganese: 0.02mg (1.07%)