



Caramelized Ginger Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



40

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 pounds anjou pear firm ripe peeled chopped



1 cup brown sugar light packed



0.5 cup candied ginger finely chopped



2 cups granulated sugar



2 tablespoons juice of lemon fresh

Equipment



oven

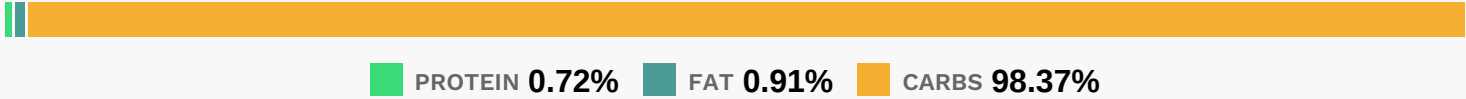


dutch oven

Directions

- ☐ Stir together all ingredients in a large Dutch oven, and let stand at room temperature, stirring occasionally, 2 hours.
- ☐ Bring pear mixture to a boil over medium-high heat, stirring constantly. Reduce heat to low, and cook, stirring often, 1 hour or until thickened and golden. Cool completely (about 45 minutes).
- ☐ Spoon into 8 (4-oz.) jars or airtight containers. Store in refrigerator up to 2 weeks.
- ☐ Caramelized Ginger Pears and
- ☐ Baked Brie: Preheat oven to 35
- ☐ Trim rind from top of 1 (8-oz.) Brie round, leaving a 1/2-inch border on top.
- ☐ Place Brie round on an ovenproof plate. Spoon 1/2 cup Caramelized Ginger Pears over Brie round.
- ☐ Bake 15 minutes or until cheese begins to melt.
- ☐ Serve immediately with gingersnaps and crackers.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:9, Inflammation Score:-1, Nutrition Score:1.0034782659748%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 91.04kcal (4.55%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 22.27g (8.1%), Sugar: 21.08g (23.42%), Cholesterol: 0mg (0%), Sodium: 2.37mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Fiber: 1.41g (5.63%), Vitamin C: 2.24mg (2.72%), Copper: 0.04mg (2.03%), Vitamin K: 2µg (1.9%), Potassium: 60.9mg (1.74%), Manganese: 0.03mg (1.29%)