

Caramelized Pears and Red Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- 2 pears red such as bartlett, cored and quartered firm ripe
- 2 onion red cut into 6 wedges
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 serving salt and pepper freshly ground

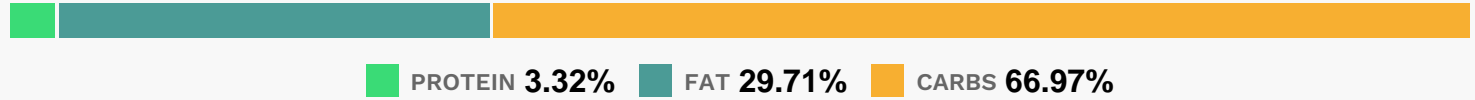
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 425 degrees.
- Drizzle pears and onions with oil. Season with salt and pepper, and toss.
- Spread mixture in a single layer on a rimmed baking sheet. Roast, turning pieces occasionally, until golden brown, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:5.09, Inflammation Score:0, Nutrition Score:3.3547825903996%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

Nutrients (% of daily need)

Calories: 103.67kcal (5.18%), Fat: 3.68g (5.66%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 14.97g (5.44%), Sugar: 11.01g (12.23%), Cholesterol: 0mg (0%), Sodium: 51.61mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Fiber: 3.69g (14.78%), Vitamin C: 7.9mg (9.57%), Vitamin K: 6.24µg (5.95%), Manganese: 0.11mg (5.69%), Potassium: 183.59mg (5.25%), Copper: 0.09mg (4.72%), Vitamin B6: 0.09mg (4.59%), Folate: 16.68µg (4.17%), Vitamin E: 0.62mg (4.15%), Magnesium: 11.73mg (2.93%), Phosphorus: 26.63mg (2.66%), Vitamin B1: 0.04mg (2.4%), Vitamin B2: 0.04mg (2.23%), Calcium: 20.73mg (2.07%), Iron: 0.3mg (1.64%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.11mg (1.11%), Vitamin B3: 0.21mg (1.04%)