



Citrus-Pear Honey

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



15

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 0.3 cup honey
- 0.3 cup orange juice
- 1 teaspoon orange rind grated
- 6 large pears peeled quartered
- 0.5 cup sugar

Equipment

- oven

dutch oven

Directions

- Melt butter in a Dutch oven over medium–high heat; stir in next 3 ingredients, and cook, stirring often, 10 to 15 minutes or until pears are tender and juices are slightly thickened and caramel colored.
- Remove from heat, and stir in orange rind and orange juice.
- Serve warm; or let cool, and store in an airtight container in the refrigerator for up to 2 weeks.
- Citrus–Pear Honey Cobbler: Double the ingredients for Citrus–Pear Honey, and prepare as directed in an ovenproof Dutch oven. Unroll 1/2 (15–ounce) package refrigerated piecrusts, and place on top of hot pear mixture in Dutch oven.
- Bake at 425 for 15 minutes or until crust is golden brown. Makes 8 servings. Prep: 25 min., Cook: 15 min.,
- Bake: 15 min.

Nutrition Facts



Properties

Glycemic Index:17.41, Glycemic Load:12.2, Inflammation Score:-1, Nutrition Score:2.1647826428323%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 116.38kcal (5.82%), Fat: 1.67g (2.57%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 24.41g (8.88%), Sugar: 22.16g (24.62%), Cholesterol: 4.01mg (1.34%), Sodium: 13.34mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Fiber: 2.89g (11.56%), Vitamin C: 6.24mg (7.57%), Copper: 0.08mg (4.03%), Vitamin K: 4.18µg (3.98%), Potassium: 119.77mg (3.42%), Manganese: 0.05mg (2.55%), Folate: 7.93µg (1.98%), Magnesium: 7.11mg (1.78%), Vitamin B2: 0.03mg (1.77%), Vitamin A: 78.47IU (1.57%), Vitamin B6: 0.03mg (1.52%), Phosphorus: 12.52mg (1.25%), Iron: 0.21mg (1.17%), Vitamin E: 0.16mg (1.04%)