



Citrus-Pear Honey Cobbler

READY IN



40 min.

SERVINGS



8

CALORIES



680 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.7 cup honey
- 0.5 cup orange juice
- 2 teaspoons orange rind grated
- 12 large pears peeled quartered
- 15 ounce piecrusts refrigerated
- 1 cup sugar

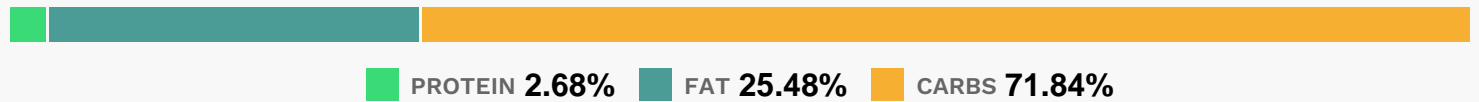
Equipment

- oven
- dutch oven

Directions

- Melt butter in an ovenproof 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.
- Unroll piecrust, and place on top of hot pear mixture in Dutch oven.
- Bake at 425 for 15 minutes or until crust is golden brown.
- Serve warm; or let cool, and store in an airtight container in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:45.76, Inflammation Score:-5, Nutrition Score:11.655652179018%

Flavonoids

Cyanidin: 7.11mg, Cyanidin: 7.11mg, Cyanidin: 7.11mg, Cyanidin: 7.11mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg Epicatechin: 12.97mg, Epicatechin: 12.97mg, Epicatechin: 12.97mg, Epicatechin: 12.97mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 680.02kcal (34%), Fat: 20.21g (31.09%), Saturated Fat: 8.06g (50.39%), Carbohydrates: 128.2g (42.73%), Net Carbohydrates: 116.04g (42.2%), Sugar: 83.09g (92.32%), Cholesterol: 15.25mg (5.08%), Sodium: 268.02mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.55%), Fiber: 12.16g (48.66%), Vitamin C: 23.41mg (28.37%), Manganese: 0.43mg (21.32%), Vitamin K: 19.57µg (18.64%), Copper: 0.34mg (17.1%), Folate: 66.94µg (16.73%), Potassium: 500.71mg (14.31%), Vitamin B1: 0.2mg (13.5%), Iron: 2.17mg (12.06%), Vitamin B2:

0.2mg (11.94%), Vitamin B3: 2.09mg (10.47%), Magnesium: 34.65mg (8.66%), Phosphorus: 85.24mg (8.52%),
Vitamin B6: 0.14mg (7.04%), Vitamin A: 297.15IU (5.94%), Vitamin E: 0.83mg (5.54%), Selenium: 3.84µg (5.49%),
Calcium: 47.31mg (4.73%), Zinc: 0.66mg (4.43%), Vitamin B5: 0.44mg (4.43%)