

## Cranberry Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



336 kcal

SIDE DISH

### Ingredients

- 0.5 cup cranberries fresh
- 0.5 teaspoon ground cinnamon
- 2 large pears ripe peeled quartered
- 0.5 cup sugar
- 0.8 cup water

### Equipment

- sauce pan

# Directions

- In a saucepan, combine water, sugar and cinnamon.
- Add pears; bring to a boil over medium heat. Stir in cranberries. Reduce heat; cover and simmer for 10 minutes or until tender, stirring occasionally.
- Serve warm or chilled.

# Nutrition Facts

■ PROTEIN 1.07% ■ FAT 1.3% ■ CARBS 97.63%

## Properties

Glycemic Index:78.42, Glycemic Load:46.08, Inflammation Score:-3, Nutrition Score:5.8652173669442%

## Flavonoids

Cyanidin: 16.35mg, Cyanidin: 16.35mg, Cyanidin: 16.35mg, Cyanidin: 16.35mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg Epicatechin: 9.74mg, Epicatechin: 9.74mg, Epicatechin: 9.74mg, Epicatechin: 9.74mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 336.33kcal (16.82%), Fat: 0.52g (0.8%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 88.16g (29.39%), Net Carbohydrates: 79.87g (29.04%), Sugar: 73.4g (81.56%), Cholesterol: 0mg (0%), Sodium: 7.79mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Fiber: 8.3g (33.18%), Vitamin C: 13.41mg (16.25%), Manganese: 0.29mg (14.49%), Copper: 0.22mg (11.1%), Vitamin K: 11.53µg (10.98%), Potassium: 289.95mg (8.28%), Magnesium: 18.79mg (4.7%), Vitamin B2: 0.07mg (4.38%), Vitamin E: 0.62mg (4.12%), Folate: 16.38µg (4.1%), Vitamin B6: 0.08mg (4.09%), Calcium: 30.87mg (3.09%), Phosphorus: 30.67mg (3.07%), Iron: 0.54mg (2.99%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.28mg (1.84%), Vitamin A: 73.97IU (1.48%)