



Creamy Baked Pears

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- 2 bosc pears cored halved
- 2 tablespoons butter divided
- 0.5 cup heavy whipping cream
- 2 tablespoons sugar white divided

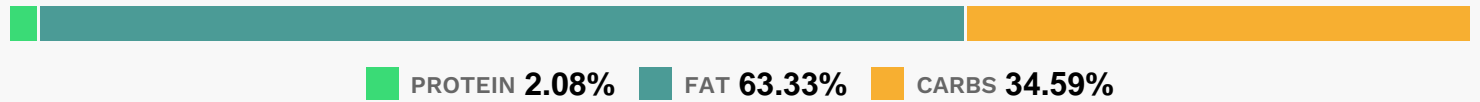
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9-inch baking dish with 1 tablespoon butter.
- Sprinkle 1 tablespoon sugar into buttered dish.
- Rub remaining 1 tablespoon butter over pear halves; arrange pears cut sides down in prepared baking dish and sprinkle with remaining 1 tablespoon sugar.
- Bake in preheated oven for 10 minutes.
- Pour cream over pears and continue baking until tender, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:39.21, Glycemic Load:8.15, Inflammation Score:-4, Nutrition Score:3.254347808983%

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 Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 225.17kcal (11.26%), Fat: 16.56g (25.48%), Saturated Fat: 10.46g (65.38%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 17.59g (6.4%), Sugar: 15.54g (17.26%), Cholesterol: 48.67mg (16.22%), Sodium: 53.99mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin A: 634.51IU (12.69%), Fiber: 2.76g (11.04%), Vitamin K: 5.36µg (5.1%), Vitamin B2: 0.08mg (4.86%), Vitamin C: 4.01mg (4.86%), Copper: 0.08mg (3.83%), Potassium: 133.3mg (3.81%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.48µg (3.17%), Phosphorus: 29.61mg (2.96%), Calcium: 29.39mg (2.94%), Manganese: 0.04mg (2.16%), Magnesium: 8.45mg (2.11%), Folate: 7.63µg (1.91%), Vitamin B6: 0.04mg (1.82%), Selenium: 1.09µg (1.55%), Vitamin B5: 0.13mg (1.27%), Vitamin B1: 0.02mg (1.13%), Zinc: 0.17mg (1.12%), Iron: 0.19mg (1.08%)