

Crimson Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



825 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons juice of lemon
- ☐ 6 pears fresh
- ☐ 10 ounces raspberries frozen thawed

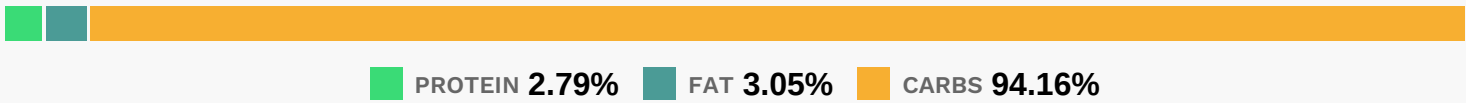
Equipment

- ☐ oven
- ☐ sieve

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix sugar, water and lemon juice in ungreased 2-quart casserole until sugar is dissolved.
- ☐ Peel pears (do not core or remove stems).
- ☐ Cut slice from bottom of each pear so it will stand upright when served. Arrange pears in casserole, turning pears to coat with sugar mixture.
- ☐ Cover and bake 45 to 60 minutes or until pears are tender when pierced with fork. Carefully remove pears; pour sugar mixture from casserole and discard. Replace pears in casserole. Mash and drain raspberries in sieve over pears. Turn pears to coat with raspberry syrup. Cool 30 minutes.
- ☐ Cover and refrigerate about 12 hours, turning pears occasionally to coat evenly wth raspberry syrup. To serve, place pears upright in dessert dishes.
- ☐ Pour raspberry syrup over each pear.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:14.4, Inflammation Score:-3, Nutrition Score:6.7717389943807%

Flavonoids

Cyanidin: 25.29mg, Cyanidin: 25.29mg, Cyanidin: 25.29mg, Cyanidin: 25.29mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 159.21kcal (7.96%), Fat: 0.6g (0.92%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 32.72g (11.9%), Sugar: 27.89g (30.98%), Cholesterol: 0mg (0%), Sodium: 2.88mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Fiber: 8.6g (34.42%), Vitamin C: 21.97mg (26.63%), Manganese: 0.4mg (20.15%), Vitamin K: 11.52µg (10.97%), Copper: 0.19mg (9.57%), Potassium: 283.14mg (8.09%), Folate: 23.38µg (5.85%), Magnesium: 23.25mg (5.81%), Vitamin E: 0.63mg (4.21%), Vitamin B6: 0.08mg (4%), Vitamin B2: 0.07mg (3.92%), Iron: 0.65mg (3.64%), Phosphorus: 35.46mg (3.55%), Vitamin B3: 0.57mg (2.87%), Calcium: 28.51mg (2.85%), Zinc: 0.38mg (2.54%), Vitamin B1: 0.04mg (2.51%), Vitamin B5: 0.25mg (2.49%), Vitamin A: 60.39IU (1.21%)