



Five-Spice Roasted Pears with Sesame Seeds

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon five-spice powder chinese
- ☐ 4 firm-ripe bosc pear cored peeled halved lengthwise
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons sesame seed toasted
- ☐ 1.5 tablespoons sugar
- ☐ 2 teaspoons butter unsalted cut into bits
- ☐ 3 tablespoons water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F. Grease an 11- by 7-inch glass or ceramic baking dish with some of butter.
- ☐ Brush pears all over with lemon juice and put, cut sides down, in baking dish.
- ☐ Pour water around pears and scatter remaining butter in dish.
- ☐ Sprinkle pears with sugar and five-spice powder.
- ☐ Bake, uncovered, in middle of oven, brushing frequently with pan juices, until pears are tender and golden brown, 15 to 20 minutes.
- ☐ Serve pears warm, drizzled with some pan juices and sprinkled with sesame seeds.
- ☐ Each serving contains about 66 calories and 3 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:36.71, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:4.2552173814696%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 144.11kcal (7.21%), Fat: 2.84g (4.36%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 26.47g (9.63%), Sugar: 21.94g (24.38%), Cholesterol: 5.38mg (1.79%), Sodium: 2.85mg (0.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Fiber: 5.68g (22.74%), Vitamin C: 9.16mg (11.1%), Copper: 0.19mg (9.61%), Vitamin K: 8.01µg (7.63%), Potassium: 219.32mg (6.27%), Manganese: 0.12mg (5.83%), Magnesium: 16.78mg (4.2%), Folate: 14.28µg (3.57%), Vitamin B6: 0.06mg (3.15%), Iron: 0.56mg (3.13%), Vitamin B2: 0.05mg (3.04%), Phosphorus: 29.65mg (2.96%), Calcium: 28.59mg (2.86%), Vitamin A: 108.07IU (2.16%), Vitamin B1: 0.03mg (2.08%), Vitamin E: 0.28mg (1.86%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.34mg (1.72%)