



Fresh Pear-Cinnamon Topping

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tablespoon butter
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 pears cored peeled sliced

Equipment

- ☐ bowl
- ☐ frying pan

Directions

☐ Toss pears with fresh lemon juice, honey, and cinnamon in a medium bowl. Melt butter in a nonstick skillet over medium–high heat; saut pear mixture, stirring occasionally, 8 to 10 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:4.07, Inflammation Score:-1, Nutrition Score:1.5260869616076%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 52.44kcal (2.62%), Fat: 0.67g (1.03%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.45g (3.8%), Sugar: 8.71g (9.67%), Cholesterol: 1.5mg (0.5%), Sodium: 5.32mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Fiber: 2.24g (8.97%), Vitamin C: 3.65mg (4.43%), Vitamin K: 3.2µg (3.05%), Copper: 0.06mg (2.98%), Potassium: 85.61mg (2.45%), Manganese: 0.04mg (2.24%), Folate: 5.35µg (1.34%), Magnesium: 5.16mg (1.29%), Vitamin B2: 0.02mg (1.16%), Vitamin B6: 0.02mg (1.1%)