



Ginger Cardamom Pear Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pounds purée of usa bartlett pear peeled coarsely chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 teaspoon ground cardamom
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

Equipment

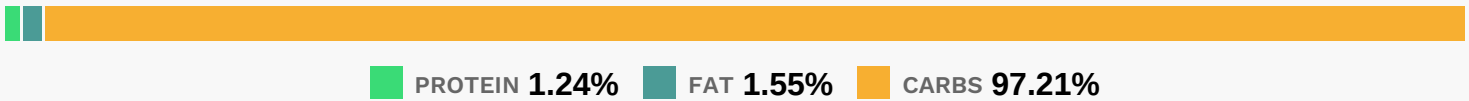
- ☐ food processor

- ☐ frying pan
- ☐ blender

Directions

- ☐ Place pears in a blender or food processor; process until smooth.
- ☐ Combine pear puree, sugar, and remaining ingredients in a medium saut pan over medium heat; bring to a simmer, stirring occasionally. Cook 3 hours or until mixture is thick.

Nutrition Facts



Properties

Glycemic Index:2.05, Glycemic Load:3.05, Inflammation Score:-1, Nutrition Score:0.36739130431543%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 23.38kcal (1.17%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.26g (1.91%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 9.31mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Fiber: 0.56g (2.24%), Vitamin C: 0.85mg (1.03%)