



Gingered Pear Honey

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1045 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons ginger fresh grated
- 1 optional: lemon thinly sliced
- 6 large pears peeled chopped
- 3 cups sugar

Equipment

- sauce pan

Directions

Cook all ingredients in a heavy 3-quart saucepan over medium heat, stirring often, 5 to 7 minutes or until sugar dissolves. Increase heat to medium-high, and cook, stirring occasionally, 40 minutes or until thickened and golden. Cool. Store in airtight containers in the refrigerator up to 1 month.

Nutrition Facts

PROTEIN 0.76% **FAT 1.15%** **CARBS 98.09%**

Properties

Glycemic Index:49.11, Glycemic Load:160.76, Inflammation Score:-4, Nutrition Score:11.170000014098%

Flavonoids

Cyanidin: 9.48mg, Cyanidin: 9.48mg, Cyanidin: 9.48mg, Cyanidin: 9.48mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 2.71mg, Epigallocatechin: 2.71mg, Epigallocatechin: 2.71mg, Epigallocatechin: 2.71mg Epicatechin: 17.3mg, Epicatechin: 17.3mg, Epicatechin: 17.3mg, Epicatechin: 17.3mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 1045.44kcal (52.27%), Fat: 1.42g (2.18%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 273.1g (91.03%), Net Carbohydrates: 257.76g (93.73%), Sugar: 245.41g (272.68%), Cholesterol: 0mg (0%), Sodium: 7.78mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Fiber: 15.34g (61.35%), Vitamin C: 39.03mg (47.32%), Copper: 0.41mg (20.62%), Vitamin K: 20.24µg (19.28%), Potassium: 601.8mg (17.19%), Manganese: 0.25mg (12.38%), Vitamin B2: 0.17mg (9.76%), Magnesium: 36.58mg (9.15%), Folate: 36.54µg (9.14%), Vitamin B6: 0.17mg (8.39%), Iron: 1.16mg (6.47%), Phosphorus: 62.15mg (6.22%), Calcium: 53.32mg (5.33%), Vitamin B1: 0.07mg (4.7%), Vitamin E: 0.62mg (4.1%), Vitamin B3: 0.8mg (4.01%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.3mg (3.01%), Selenium: 1.83µg (2.61%), Vitamin A: 122.92IU (2.46%)