



Gingered Pear Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons apple juice
- ☐ 8 cups bosc pear peeled sliced (8 large pears)
- ☐ 2 tablespoons candied ginger chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup sugar

Equipment

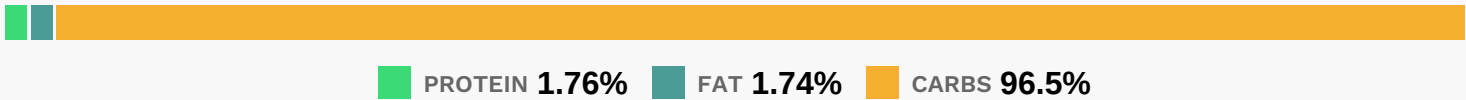
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl; toss well to coat.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add pear mixture; cook 2 minutes, stirring occasionally. Cover, reduce heat, and simmer 15 minutes. Increase heat to medium-high.
- ☐ Add sugar and crystallized ginger; cook 5 minutes or until the liquid almost evaporates.
- ☐ Remove from heat, and stir in brandy.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:15.59, Inflammation Score:-2, Nutrition Score:4.6278261270212%

Flavonoids

Cyanidin: 4.42mg, Cyanidin: 4.42mg, Cyanidin: 4.42mg, Cyanidin: 4.42mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 169.84kcal (8.49%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 38.14g (13.87%), Sugar: 32.52g (36.14%), Cholesterol: 0mg (0%), Sodium: 3.06mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Fiber: 6.73g (26.92%), Vitamin C: 13.64mg (16.53%), Vitamin K: 9.45µg (9%), Copper: 0.18mg (8.96%), Potassium: 265.23mg (7.58%), Manganese: 0.11mg (5.41%), Folate: 17.1µg (4.28%), Magnesium: 15.94mg (3.98%), Vitamin B2: 0.06mg (3.53%), Vitamin B6: 0.07mg (3.42%), Phosphorus: 26.96mg (2.7%), Iron: 0.41mg (2.26%), Calcium: 20.86mg (2.09%), Vitamin B1: 0.03mg (1.96%), Vitamin E: 0.27mg (1.83%), Vitamin B3: 0.36mg (1.8%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.12mg (1.22%),

Vitamin A: 54.49IU (1.09%)