



Gingered Pears



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons crystallized ginger finely chopped
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons butter
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 1 large pears green firm ripe cut into eighths
- ☐ 1 large pears red firm ripe cut into eighths

Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Melt margarine in a nonstick skillet over medium heat.
- ☐ Add pear pieces; cook 2 to 3 minutes.
- ☐ Remove pear with a slotted spoon. Set aside, and keep warm.
- ☐ Add orange rind and remaining 3 ingredients to skillet. Bring to a boil; cook 3 minutes or until mixture is reduced by half. Return pear to skillet, and cook until pear is tender.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:8.19, Inflammation Score:-2, Nutrition Score:3.1882608808253%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 114.86kcal (5.74%), Fat: 2.21g (3.39%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 21.85g (7.94%), Sugar: 18.69g (20.77%), Cholesterol: 0mg (0%), Sodium: 25.48mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 13.41mg (16.25%), Fiber: 3.66g (14.64%), Copper: 0.1mg (5.17%), Potassium: 169.24mg (4.84%), Vitamin K: 5.08µg (4.83%), Folate: 12.98µg (3.24%), Manganese: 0.06mg (3.08%), Vitamin A: 151.27IU (3.03%), Magnesium: 10.05mg (2.51%), Vitamin B2: 0.04mg (2.23%), Vitamin B6: 0.04mg (2.1%), Vitamin B1: 0.03mg (1.91%), Phosphorus: 17.33mg (1.73%), Vitamin E: 0.22mg (1.49%), Iron: 0.26mg (1.47%), Calcium: 13.93mg (1.39%), Vitamin B3: 0.26mg (1.29%)