



Granola-Ginger Baked Pears

 Vegetarian  Gluten Free

READY IN



26 min.

SERVINGS



8

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup roasted almonds salted chopped
- ☐ 1.8 cups apple cider
- ☐ 4 bosc pears
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cherry preserves
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 7 oz greek yogurt
- ☐ 0.8 teaspoon ground cinnamon

☐ 4.5 oz oat-and-honey granola bars crushed finely

Equipment

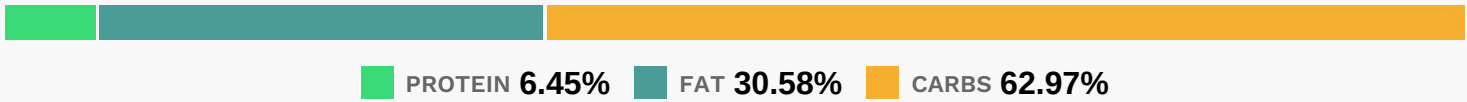
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut pears in half, cutting through stem and bottom ends. Scoop out core and pulp, leaving a 3/4-inch shell.
- ☐ Cut about 1/4 inch from opposite side of pear, forming a flat base.
- ☐ Stir together crushed granola bars and next 4 ingredients. Spoon mixture into pear shells, pressing to gently pack. Arrange pears in a 13- x 9-inch pan.
- ☐ Pour cider around pears in pan.
- ☐ Bake at 375 for 25 to 45 minutes or until pears are tender, basting twice with pan juices.
- ☐ Place pears on a serving plate.
- ☐ Add preserves to pan juices, and cook, over medium-high heat, stirring constantly, 5 to 6 minutes or until thickened.
- ☐ Serve pears with warm sauce and Greek yogurt.
- ☐ Note: Baking times will vary greatly due to the ripeness of your fruit. Begin testing for doneness by inserting a wooden pick directly into the fruit (not granola mixture) after 25 minutes of baking. A wooden pick should be able to pierce the fruit easily with just a little resistance. Overcooking will lead to the fruit losing its natural shape and becoming mushy. For testing purposes only, we used Nature Valley Oats 'N Honey Crunchy Granola Bars.

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:18.51, Inflammation Score:-3, Nutrition Score:6.7065217598625%

Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 294.6kcal (14.73%), Fat: 10.51g (16.17%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 44.43g (16.16%), Sugar: 38.13g (42.37%), Cholesterol: 16.49mg (5.5%), Sodium: 63.44mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin E: 2.59mg (17.26%), Fiber: 4.27g (17.07%), Manganese: 0.34mg (16.93%), Vitamin B2: 0.22mg (13.11%), Copper: 0.2mg (9.8%), Phosphorus: 96.17mg (9.62%), Magnesium: 36.81mg (9.2%), Potassium: 277.58mg (7.93%), Calcium: 71.09mg (7.11%), Vitamin C: 5.63mg (6.82%), Selenium: 3.45µg (4.93%), Vitamin K: 4.47µg (4.26%), Iron: 0.72mg (4.03%), Vitamin A: 201.67IU (4.03%), Zinc: 0.56mg (3.75%), Vitamin B6: 0.07mg (3.52%), Folate: 14µg (3.5%), Vitamin B1: 0.05mg (3.2%), Vitamin B12: 0.19µg (3.1%), Vitamin B3: 0.59mg (2.93%), Vitamin B5: 0.22mg (2.15%)