



## Grilled Pear Fantasia

 Vegetarian  Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

### Ingredients

- 1.5 cups vanilla yogurt frozen low-fat
- 3 tablespoons honey
- 2 tablespoons orange juice unsweetened
- 3 pears firm ripe unpeeled
- 0.8 cup raspberry jam seedless

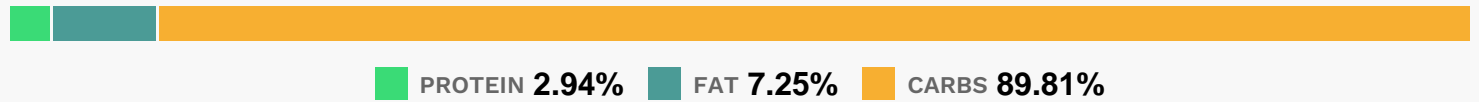
### Equipment

- sauce pan
- grill

## Directions

- Core pears; cut each in half lengthwise.
- Combine honey and orange juice; brush some of the honey mixture over cut surfaces of pear halves, reserving remaining honey mixture.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place pears on rack; grill, covered, 4 to 5 minutes on each side or until tender, basting occasionally with remaining honey mixture. While pears grill, spoon raspberry jam into a small saucepan; cook over low heat, stirring constantly, until melted.
- Place hot or room temperature pear halves onto 6 individual plates. Top each with 2 tablespoons melted raspberry jam and 1/4 cup frozen yogurt.

## Nutrition Facts



## Properties

Glycemic Index:32.67, Glycemic Load:24.62, Inflammation Score:-2, Nutrition Score:4.342173964433%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg 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: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 260.59kcal (13.03%), Fat: 2.18g (3.36%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 57.51g (20.91%), Sugar: 47.03g (52.25%), Cholesterol: 0.72mg (0.24%), Sodium: 46.29mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Fiber: 3.26g (13.04%), Vitamin C: 10.74mg (13.02%), Vitamin B2: 0.14mg (8.34%), Calcium: 69.24mg (6.92%), Copper: 0.14mg (6.81%), Phosphorus: 66.58mg (6.66%), Potassium: 228.72mg (6.53%), Vitamin K: 4.03µg (3.84%), Folate: 14.98µg (3.74%), Manganese: 0.07mg

(3.66%), Magnesium: 13.8mg (3.45%), Vitamin B6: 0.07mg (3.39%), Selenium: 2.22µg (3.17%), Vitamin B5: 0.3mg (3.02%), Iron: 0.53mg (2.95%), Vitamin B1: 0.04mg (2.39%), Vitamin A: 109.9IU (2.2%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.1µg (1.74%), Vitamin B3: 0.3mg (1.49%), Vitamin E: 0.2mg (1.33%)