



Grilled Pear Sundae

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apple cider
- ☐ 4 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 4 servings ice cream
- ☐ 1 pinch kosher salt
- ☐ 2 pears cored stemmed sliced lengthwise
- ☐ 4 servings pecans for topping

- ☐ 4 tablespoons butter unsalted
- ☐ 4 servings whipped cream for topping

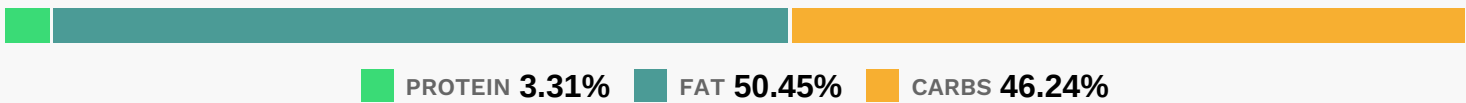
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium.
- ☐ In a small saucepan add butter, brown sugar, apple cider, cinnamon, ginger, and salt.
- ☐ Place onto grill until butter melts.
- ☐ Mix together until well combined.
- ☐ Place pears directly onto grill for 2 to 4 minutes. Turn and cook on the other side.
- ☐ Brush both sides of the pears with the butter mixture to glaze. Immediately take pears off the grill after glazing and place on a plate.
- ☐ Scoop ice cream into 4 serving bowls. Top with pears, pecans and whipped cream.
- ☐ Drizzle the remaining butter mixture on top and serve.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:13.94, Inflammation Score:-5, Nutrition Score:5.8647826391718%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Epicatechin 3-gallate: 0.02mg,

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 360.15kcal (18.01%), Fat: 20.81g (32.02%), Saturated Fat: 12.59g (78.69%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 39.43g (14.34%), Sugar: 35.57g (39.52%), Cholesterol: 63.7mg (21.23%), Sodium: 69.12mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Fiber: 3.48g (13.93%), Vitamin A: 692.48IU (13.85%), Calcium: 115.82mg (11.58%), Vitamin B2: 0.19mg (11.36%), Manganese: 0.19mg (9.61%), Phosphorus: 92.82mg (9.28%), Potassium: 277.12mg (7.92%), Copper: 0.11mg (5.55%), Vitamin C: 4.31mg (5.23%), Vitamin K: 5.32µg (5.07%), Vitamin B12: 0.3µg (4.98%), Vitamin B5: 0.49mg (4.9%), Magnesium: 19.49mg (4.87%), Vitamin E: 0.69mg (4.59%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.07mg (3.5%), Vitamin B1: 0.05mg (3.26%), Folate: 10.5µg (2.63%), Selenium: 1.77µg (2.53%), Vitamin D: 0.37µg (2.44%), Iron: 0.39mg (2.17%), Vitamin B3: 0.28mg (1.38%)