



## Grilled Pears with Raspberry Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

### Ingredients

- 3 large pears firm ripe
- 1 tablespoon vegetable oil
- 10 ounces raspberries light frozen thawed undrained
- 1 teaspoon juice of lemon
- 3 tablespoons topping hot

### Equipment

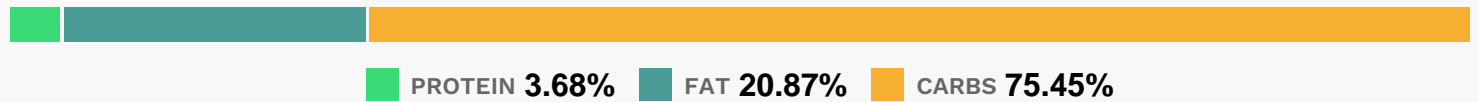
- food processor
- blender

grill

## Directions

- Heat coals or gas grill for direct heat. Peel pears; cut lengthwise in half and remove cores.
- Brush lightly with oil. Cover and grill pears, cut sides up, 4 to 6 inches from medium heat about 10 minutes, turning after 5 minutes, until tender.
- While pears are grilling, place raspberries with syrup and lemon juice in blender or food processor. Cover and blend on medium speed, stopping blender occasionally to scrape sides, or process about 30 seconds, until smooth. Strain to remove seeds if desired.
- Serve hot pears with raspberry sauce.
- Drizzle with fudge sauce.

## Nutrition Facts



## Properties

Glycemic Index:10.46, Glycemic Load:5.78, Inflammation Score:-3, Nutrition Score:6.1534783360751%

## Flavonoids

Cyanidin: 24mg, Cyanidin: 24mg, Cyanidin: 24mg, Cyanidin: 24mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 5.99mg, Epicatechin: 5.99mg, Epicatechin: 5.99mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 143.59kcal (7.18%), Fat: 3.58g (5.51%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 22.23g (8.08%), Sugar: 16.63g (18.48%), Cholesterol: 0.09mg (0.03%), Sodium: 34.5mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Fiber: 6.9g (27.62%), Vitamin C: 17.67mg (21.41%), Manganese: 0.41mg (20.36%), Vitamin K: 13.15µg (12.53%), Copper: 0.17mg (8.5%), Potassium: 232.58mg (6.65%), Vitamin E: 0.99mg (6.57%), Magnesium: 23.05mg (5.76%), Folate: 18.52µg (4.63%), Phosphorus: 36.78mg (3.68%), Iron: 0.66mg (3.65%), Vitamin B2: 0.06mg (3.33%), Vitamin B6: 0.06mg (3.08%), Calcium: 26.87mg (2.69%), Zinc: 0.39mg (2.62%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.22mg (2.24%), Vitamin B1: 0.03mg (2.16%)