



Holiday Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 4 anjou pear ()
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 cup cranberries fresh frozen thawed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 optional: lemon rinsed thinly sliced (2 oz. total) (ends discarded)
- ☐ 1 cup sugar

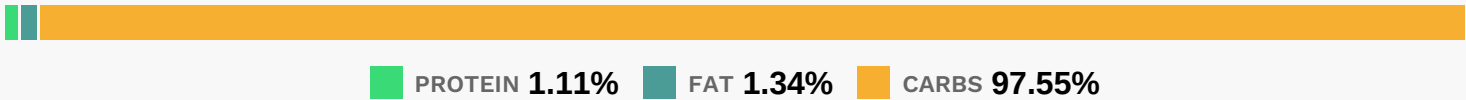
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Sort cranberries and discard stems and any bruised or decayed fruit. Rinse and drain berries. Peel pears; cut in half and core. In a 2- to 2 1/2-quart baking dish, combine cranberries, pears, and lemon slices.
- ☐ In a 1- to 2-quart pan over medium-high heat, stir sugar, vinegar, ginger, cinnamon, cloves, and 1/2 cup water until mixture boils and sugar is dissolved.
- ☐ Pour over fruit. Cover dish tightly with foil.
- ☐ Bake in a 350 regular or convection oven until pears are tender when pierced, 45 minutes to 1 hour.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:55.59, Glycemic Load:44.02, Inflammation Score:-3, Nutrition Score:5.4717392429062%

Flavonoids

Cyanidin: 15.27mg, Cyanidin: 15.27mg, Cyanidin: 15.27mg, Cyanidin: 15.27mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg

Epigallocatechin 3–gallate: 0.55mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 311.85kcal (15.59%), Fat: 0.5g (0.76%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 81.42g (27.14%), Net Carbohydrates: 74.51g (27.1%), Sugar: 68.7g (76.33%), Cholesterol: 0mg (0%), Sodium: 3.64mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Fiber: 6.9g (27.6%), Vitamin C: 18.31mg (22.2%), Manganese: 0.3mg (15.06%), Vitamin K: 9.21µg (8.77%), Copper: 0.17mg (8.52%), Potassium: 254.41mg (7.27%), Magnesium: 15.92mg (3.98%), Vitamin B6: 0.08mg (3.89%), Vitamin E: 0.57mg (3.82%), Vitamin B2: 0.06mg (3.76%), Folate: 14.23µg (3.56%), Iron: 0.54mg (3.01%), Phosphorus: 27.23mg (2.72%), Calcium: 24.34mg (2.43%), Vitamin B1: 0.03mg (2%), Vitamin B5: 0.19mg (1.88%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.22mg (1.5%), Vitamin A: 62.98IU (1.26%)