



Honey-Baked Apples and Pear



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 2 large cooking apples
- ☐ 3 tablespoons butter
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.7 cup honey
- ☐ 1 large cooking pear
- ☐ 2 tablespoons water

Equipment

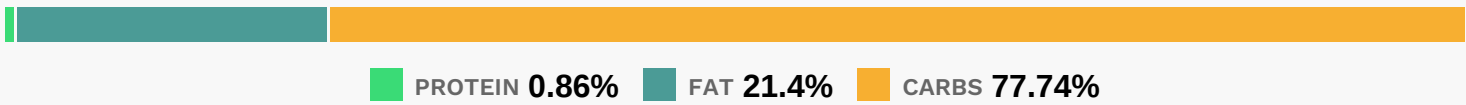
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel apples and pear, if desired.
- ☐ Remove cores, and cut each fruit into eighths.
- ☐ Place in a lightly greased 1-quart baking dish.
- ☐ Combine honey, 2 tablespoons water, and ground cinnamon; pour over cut fruit, and dot with butter.
- ☐ Cover and bake at 350 for 25 minutes or until fruit is tender, basting twice with pan juices.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:30.91, Inflammation Score:-4, Nutrition Score:4.3221739031698%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 339.86kcal (16.99%), Fat: 8.73g (13.43%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 71.38g (23.79%), Net Carbohydrates: 66.41g (24.15%), Sugar: 63.6g (70.67%), Cholesterol: 0mg (0%), Sodium: 103.42mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Fiber: 4.97g (19.88%), Manganese: 0.24mg (12.14%), Vitamin C: 7.93mg (9.62%), Vitamin A: 452.38IU (9.05%), Potassium: 223.03mg (6.37%), Copper: 0.1mg (5.07%), Vitamin K: 5.22µg (4.97%), Vitamin B2: 0.07mg (4.09%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.08mg (3.9%), Iron: 0.54mg (2.98%), Magnesium: 11.57mg (2.89%), Calcium: 26.15mg (2.61%), Phosphorus: 24.32mg (2.43%),

Folate: 8.65µg (2.16%), Vitamin B1: 0.03mg (1.8%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.46%), Vitamin B3: 0.27mg (1.37%)