



Honey-Baked Pears

READY IN



37 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- 1 teaspoon apple-pie spice
- 1 cup graham crackers crushed
- 0.5 cup honey
- 2 tablespoons juice of lemon
- 2 lb pears cored peeled cut into 1-inch chunks
- 1 tablespoon sugar
- 4 tablespoons butter unsalted melted

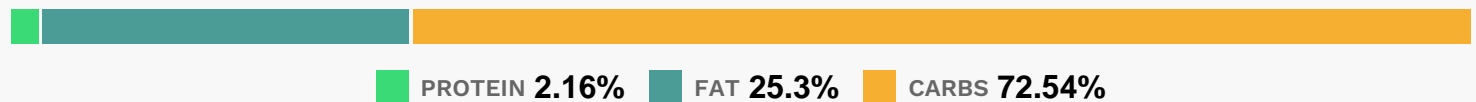
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- Preheat oven to 400F. Stir lemon juice with honey and 1/2 cup water in a small bowl until blended. In a separate bowl, blend graham cracker crumbs with sugar and apple-pie spice, then stir in melted butter.
- Layer pears in an 11-by-7-inch baking dish and sprinkle with half of crumb mixture.
- Pour honey mixture over pears and sprinkle with remaining crumb mixture.
- Bake about 25 minutes, until pears are tender when pierced with a knife, topping is golden brown and juices are bubbling.
- Serve warm with ice cream or whipped cream, or let cool, cover and refrigerate to serve cold.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:28.34, Inflammation Score:-3, Nutrition Score:5.0378261364025%

Flavonoids

Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 312.52kcal (15.63%), Fat: 9.34g (14.37%), Saturated Fat: 5.09g (31.78%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 54.95g (19.98%), Sugar: 43.54g (48.38%), Cholesterol: 20.07mg (6.69%), Sodium: 102.76mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Fiber: 5.32g (21.27%), Vitamin C: 8.66mg (10.49%), Manganese: 0.15mg (7.45%), Copper: 0.14mg (7.13%), Vitamin K: 7.4µg (7.05%), Potassium: 226.27mg (6.46%), Iron: 1.08mg (6.02%), Vitamin A: 272.21IU (5.44%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 52.61mg (5.26%), Magnesium: 20.94mg (5.23%), Folate: 19.41µg (4.85%), Vitamin B3: 0.86mg (4.3%), Vitamin B1: 0.05mg (3.63%), Zinc: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.48%), Calcium: 31.99mg (3.2%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.11mg (1.1%)