



Honey nut crunch pears



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 4 pears ripe
- ☐ 1 knob butter
- ☐ 0.5 tsp spice mixed
- ☐ 2 tbsp clear honey
- ☐ 50 g cornflake
- ☐ 25 g almond flaked toasted

Equipment

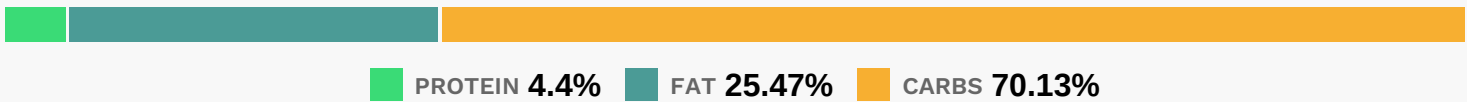
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oven to 200C/fan 180/gas
- ☐ Cut the pears in half lengthways, take out the core (see tip, left), then top with a small knob of butter and a sprinkling of the mixed spice. Sit the pears in a shallow baking dish, then roast for 5 mins until starting to soften. Meanwhile, heat the honey and another knob of butter in a large bowl in the microwave for 30 secs. Toss with the cornflakes and nuts.
- ☐ Take the pears out of the oven, then top with the cornflake mix. Cook for another 5 mins or until the cornflakes take on a rich golden colour. Allow to cool for a few mins (the cornflakes crisp up again as they cool), then serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:12.49, Inflammation Score:-6, Nutrition Score:10.540434780328%

Flavonoids

Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epigallocatechin: 1.21mg Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 252.69kcal (12.63%), Fat: 7.71g (11.86%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 40.98g (14.9%), Sugar: 27.46g (30.51%), Cholesterol: 11.29mg (3.76%), Sodium: 127.28mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Fiber: 6.77g (27.08%), Iron: 4.26mg

(23.66%), Vitamin B2: 0.31mg (18.45%), Folate: 60.26µg (15.07%), Manganese: 0.3mg (14.86%), Vitamin B6: 0.29mg (14.38%), Vitamin B3: 2.77mg (13.85%), Vitamin B1: 0.2mg (13.48%), Vitamin E: 1.96mg (13.03%), Vitamin C: 10.39mg (12.59%), Copper: 0.24mg (12%), Vitamin B12: 0.63µg (10.57%), Magnesium: 34.87mg (8.72%), Potassium: 281.67mg (8.05%), Vitamin A: 399.66IU (7.99%), Vitamin K: 8.27µg (7.88%), Phosphorus: 66.15mg (6.61%), Calcium: 37.05mg (3.71%), Zinc: 0.53mg (3.54%), Vitamin D: 0.45µg (3%), Selenium: 1.63µg (2.33%), Vitamin B5: 0.16mg (1.58%)