



Honey-Roasted Bosc Pears

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 10 servings pepper black freshly ground
- ☐ 5 firm-ripe bosc pears cored halved lengthwise (leave stems intact)
- ☐ 0.7 cup honey
- ☐ 2.5 cups ice cream low-fat (such as Edy's;)
- ☐ 2 tablespoons butter unsalted melted

Equipment

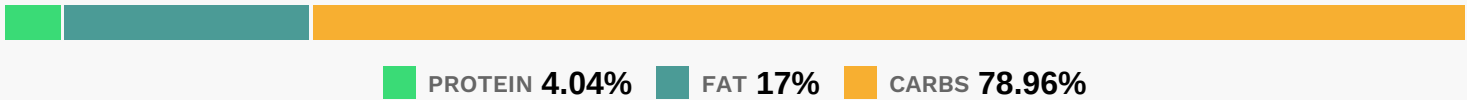
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Pour butter into a large baking pan. Tilt pan to coat with the butter. Arrange pears in one layer, cut sides down. Roast 20–25 minutes or until tender when pierced with a knife.
- ☐ Combine vinegar and honey. Spoon mixture over pears, and bake 5 minutes more. Arrange pear halves on each of 10 dessert plates. Spoon pan juices over top, add pepper and 1/4 cup ice cream; serve.

Nutrition Facts



Properties

Glycemic Index:20.7, Glycemic Load:18.08, Inflammation Score:-2, Nutrition Score:3.7456522143405%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 212.38kcal (10.62%), Fat: 4.23g (6.51%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 41.3g (15.02%), Sugar: 36.35g (40.39%), Cholesterol: 16.28mg (5.43%), Sodium: 31.35mg (1.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Fiber: 2.94g (11.77%), Vitamin B2: 0.13mg (7.63%), Calcium: 72.96mg (7.3%), Potassium: 201.41mg (5.75%), Vitamin C: 4.4mg (5.33%), Vitamin A: 263.01IU (5.26%), Phosphorus: 52.47mg (5.25%), Copper: 0.09mg (4.53%), Vitamin K: 4.43µg (4.22%), Manganese: 0.08mg (4.09%), Magnesium: 12.81mg (3.2%), Vitamin B12: 0.18µg (3.06%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.25mg (2.46%), Vitamin B6: 0.05mg (2.44%), Folate: 9.06µg (2.27%), Iron: 0.37mg (2.07%), Vitamin B1: 0.03mg (2.07%),

Selenium: 1.06µg (1.52%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.22mg (1.12%)