



Honey-Roasted Pears



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



138 kcal

SIDE DISH

Ingredients



1 cup vanilla yogurt frozen



0.3 cup honey



2 medium firm-but-ripe pears cored halved

Equipment



baking sheet

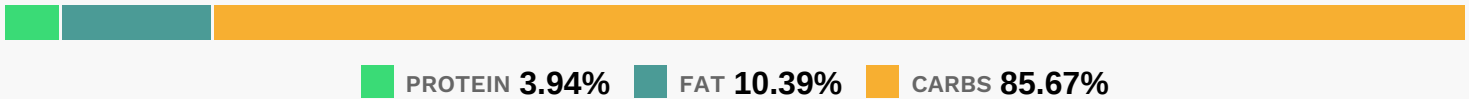


oven

Directions

- ☐ Preheat oven to 425F. Line a rimmed baking sheet with parchment.
- ☐ Place pears on parchment, cut sides up, and roast for 15 minutes.
- ☐ Brush tops with honey, saving any extra, and roast until softened, 5 to 10 minutes longer.
- ☐ Cool pears slightly on baking sheet; serve halves warm with small scoops of frozen yogurt, drizzling with any leftover honey.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:10.45, Inflammation Score:-1, Nutrition Score:2.6730434816817%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 137.9kcal (6.9%), Fat: 1.71g (2.63%), Saturated Fat: 1g (6.25%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 29.52g (10.73%), Sugar: 27.77g (30.86%), Cholesterol: 0.58mg (0.19%), Sodium: 26.45mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Fiber: 2.24g (8.96%), Vitamin B2: 0.09mg (5.26%), Calcium: 48.61mg (4.86%), Phosphorus: 46.37mg (4.64%), Potassium: 152.17mg (4.35%), Vitamin C: 3.38mg (4.09%), Copper: 0.08mg (3.8%), Vitamin K: 3.22µg (3.07%), Manganese: 0.05mg (2.56%), Vitamin B6: 0.05mg (2.39%), Magnesium: 9.35mg (2.34%), Vitamin B5: 0.23mg (2.32%), Folate: 7.05µg (1.76%), Selenium: 1.16µg (1.65%), Iron: 0.29mg (1.59%), Vitamin A: 78.86IU (1.58%), Zinc: 0.23mg (1.53%), Vitamin B12: 0.08µg (1.39%), Vitamin B1: 0.02mg (1.28%), Vitamin B3: 0.22mg (1.09%)