



Honey-Roasted Pears with Sweet Yogurt Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 8 bosc pears firm cored quartered
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 8 servings yogurt cream sweet
- ☐ 0.5 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons vanilla extract

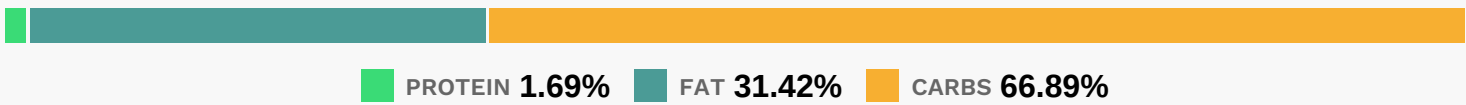
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Place pears in a 13 x 9-inch baking dish coated with cooking spray; dot with butter.
- ☐ Combine cider, honey, juice, and vanilla in a small saucepan. Bring to a boil, and pour over the pear mixture. Cover and bake the mixture at 400 for 20 minutes. Uncover and bake an additional 30 minutes or until the pears are tender, basting occasionally.
- ☐ Remove from oven, and let stand for 10 minutes.
- ☐ Serve warm with Sweet Yogurt Cream.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:18.02, Inflammation Score:-4, Nutrition Score:4.7526087372199%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 7.73mg, Epicatechin: 7.73mg, Epicatechin: 7.73mg, Epicatechin: 7.73mg 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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 267.98kcal (13.4%), Fat: 9.96g (15.32%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 42.09g (15.31%), Sugar: 37.49g (41.66%), Cholesterol: 28.24mg (9.41%), Sodium: 41.43mg (1.8%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 1.2g (2.41%), Fiber: 5.61g (22.44%), Vitamin C: 8.77mg (10.64%), Vitamin K: 8.68µg (8.27%), Copper: 0.16mg (7.95%), Vitamin A: 396.53IU (7.93%), Potassium: 258.77mg (7.39%), Manganese: 0.12mg (6.07%), Vitamin B2: 0.09mg (5.25%), Magnesium: 15.38mg (3.84%), Folate: 14.02µg (3.5%), Phosphorus: 33.93mg (3.39%), Vitamin B6: 0.07mg (3.36%), Vitamin E: 0.48mg (3.19%), Calcium: 30.44mg (3.04%), Iron: 0.45mg (2.53%), Vitamin B1: 0.03mg (1.99%), Zinc: 0.27mg (1.81%), Vitamin B3: 0.35mg (1.73%), Vitamin D: 0.24µg (1.6%), Vitamin B5: 0.16mg (1.59%), Selenium: 0.87µg (1.25%)