



How to Make Pear Honey



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



225 min.

SERVINGS



4

CALORIES



1755 kcal

SIDE DISH

Ingredients



8 cups pears cored peeled chopped



1 cup pineapple juice unsweetened



8 cups sugar white

Equipment



ladle

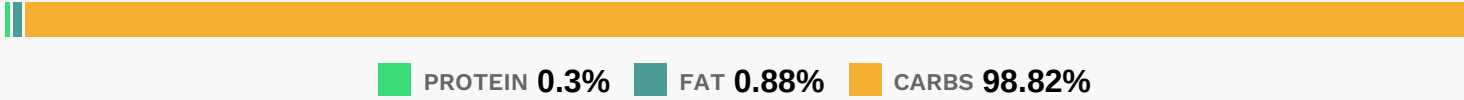


pot

Directions

- ☐
- Place chopped pears into a large pot, and pour pineapple juice over them to prevent them from browning. Stir in sugar, and bring to a boil over medium–high heat. Stir frequently to prevent scorching. When the pears are at a full boil, reduce heat to medium, and cook until the mixture is the color and texture of honey. The longer you cook it, the thicker it gets. Cooking time is usually 2 to 3 hours.
- ☐
- Ladle into hot sterile jars, filling to within 1/4 inch of the top. Wipe rims with a clean damp cloth, and seal jars with lids and rings. Process in a boiling water canner for 10 minutes, or the amount of time recommended by your local extension for your area.

Nutrition Facts



Properties

Glycemic Index:38.21, Glycemic Load:297, Inflammation Score:-1, Nutrition Score:8.6700000348298%

Flavonoids

Cyanidin: 6.63mg, Cyanidin: 6.63mg, Cyanidin: 6.63mg, Cyanidin: 6.63mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg Epigallocatechin: 1.9mg Epicatechin: 12.11mg, Epicatechin: 12.11mg, Epicatechin: 12.11mg, Epicatechin: 12.11mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 1754.81kcal (87.74%), Fat: 1.8g (2.77%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 454.94g (151.65%), Net Carbohydrates: 444.84g (161.76%), Sugar: 436.48g (484.98%), Cholesterol: 0mg (0%), Sodium: 8.4mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Fiber: 10.1g (40.4%), Vitamin C: 19.75mg (23.93%), Manganese: 0.47mg (23.4%), Copper: 0.33mg (16.64%), Vitamin K: 14.35µg (13.66%), Potassium: 458.22mg (13.09%), Vitamin B2: 0.17mg (10.12%), Folate: 33.16µg (8.29%), Vitamin B6: 0.15mg (7.62%), Magnesium: 29.62mg (7.41%), Iron: 0.96mg (5.35%), Vitamin B1: 0.07mg (4.86%), Phosphorus: 43.36mg (4.34%), Calcium: 40.65mg (4.07%), Selenium: 2.78µg (3.97%), Vitamin B3: 0.64mg (3.18%), Zinc: 0.43mg (2.85%), Vitamin E: 0.4mg (2.65%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 83.45IU (1.67%)