



## Ice Cream with Pear Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



288 kcal

DESSERT

### Ingredients

- 5 cups purée of usa bartlett pear ripe peeled chopped ( 6 pears)
- 0.5 cup golden raisins
- 1 optional: lemon peeled
- 6 cups whipped cream low-fat
- 1 navel oranges peeled
- 0.5 cup sugar
- 0.3 cup cherries dried sweet
- 0.8 cup walnuts coarsely chopped

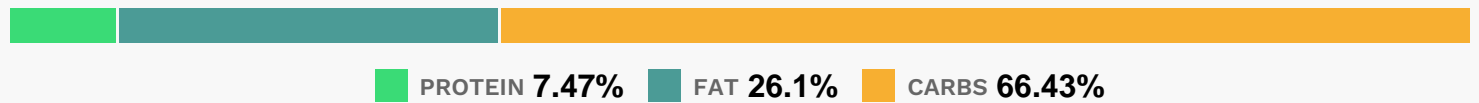
## Equipment

- frying pan
- sauce pan
- ziploc bags

## Directions

- Combine pears and sugar in a zip-top plastic bag; shake well. Seal and refrigerate 8 hours or overnight.
- Place 2 tablespoons lemon sections in a medium saucepan; reserve remaining lemon sections for another use.
- Add pear mixture, walnuts, raisins, cherries, and orange to pan. Bring to a simmer over medium heat; cook 30 minutes or until mixture is thick and slightly soft, stirring occasionally.
- Serve over ice cream.

## Nutrition Facts



## Properties

Glycemic Index:20.77, Glycemic Load:19.49, Inflammation Score:-5, Nutrition Score:7.5099999438161%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 288.06kcal (14.4%), Fat: 8.63g (13.28%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 49.43g (16.48%), Net Carbohydrates: 45.91g (16.7%), Sugar: 37.06g (41.17%), Cholesterol: 20.52mg (6.84%), Sodium: 58.48mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin C: 15.43mg (18.71%), Manganese: 0.3mg (15%), Calcium: 147.69mg (14.77%), Vitamin B2: 0.24mg (14.17%), Fiber: 3.51g (14.06%), Phosphorus: 121.07mg (12.11%), Copper: 0.21mg (10.25%), Vitamin A: 478.72IU (9.57%), Potassium: 326.27mg (9.32%), Magnesium: 29.81mg

(7.45%), Vitamin B6: 0.12mg (6.23%), Vitamin B12: 0.36µg (5.95%), Zinc: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.62%), Folate: 20.36µg (5.09%), Vitamin B5: 0.49mg (4.88%), Iron: 0.69mg (3.84%), Selenium: 2.06µg (2.95%), Vitamin K: 2.93µg (2.79%), Vitamin B3: 0.41mg (2.04%), Vitamin E: 0.25mg (1.67%)