



Maple pears with pecans & cranberries



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



360 kcal

Ingredients

- ☐ 4 pears ripe
- ☐ 1 handful cranberries dried
- ☐ 2 tbsp maple syrup
- ☐ 50 g pecans
- ☐ 4 servings greek yogurt

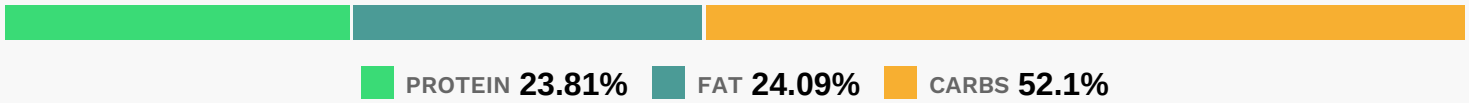
Equipment

- ☐ microwave

Directions

- ☐ Peel and halve the pears and scoop out the core with a teaspoon.
- ☐ Lay the halves in a shallow microwaveable dish, cut side down, along with the cranberries.
- ☐ Pour 2 tbsp of the maple syrup over and cover with cling film. Microwave on High for 3 mins until softened, stirring halfway through. Uncover and leave to cool for a few mins. Stir the pecan nuts through the syrup.
- ☐ Spoon into serving dishes, drizzle extra maple syrup, if you like, and serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:10.43, Inflammation Score:-4, Nutrition Score:15.524347906527%

Flavonoids

Cyanidin: 5.05mg, Cyanidin: 5.05mg, Cyanidin: 5.05mg, Cyanidin: 5.05mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 359.93kcal (18%), Fat: 10.07g (15.49%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 41.91g (15.24%), Sugar: 35.83g (39.81%), Cholesterol: 10mg (3.33%), Sodium: 75.06mg (3.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Manganese: 0.92mg (45.79%), Vitamin B2: 0.75mg (44.33%), Phosphorus: 328.58mg (32.86%), Selenium: 20.5µg (29.28%), Fiber: 7.12g (28.46%), Calcium: 258.35mg (25.83%), Vitamin B12: 1.4µg (23.33%), Copper: 0.33mg (16.73%), Potassium: 565.91mg (16.17%), Magnesium: 51.99mg (13%), Zinc: 1.88mg (12.55%), Vitamin B6: 0.21mg (10.44%), Vitamin B1: 0.16mg (10.36%), Vitamin C: 7.81mg (9.46%), Vitamin B5: 0.87mg (8.73%), Vitamin K: 8.84µg (8.42%), Folate: 29.21µg (7.3%), Iron: 0.82mg (4.54%), Vitamin B3: 0.9mg (4.52%), Vitamin E: 0.57mg (3.77%), Vitamin A: 59.5IU (1.19%)