



Maple-Walnut Pears

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter light
- ☐ 3 tablespoons maple syrup
- ☐ 4 pears firm cored peeled cut in half lengthwise
- ☐ 1 cup whipped cream fat-free
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1 tablespoon walnuts finely chopped

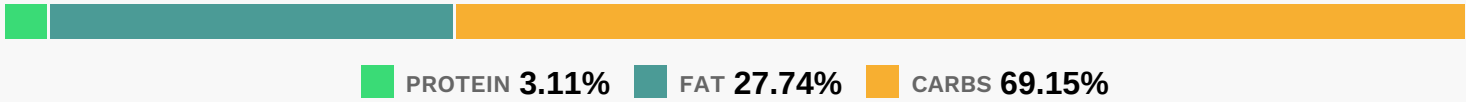
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over low heat; add oil. Increase heat to medium-high.
- ☐ Place pear halves, cut sides down, in pan. Cook 3 minutes or until golden.
- ☐ Reduce heat to medium; add maple syrup and brown sugar. Cook 6 minutes or until tender.
- ☐ Remove from heat; stir in nuts.
- ☐ To serve, place 2 pear halves on each of 4 dessert plates; drizzle each evenly with syrup mixture. Top each with 1/4 cup ice cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:16.25, Inflammation Score:-3, Nutrition Score:7.205652244713%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg 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 Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 281.8kcal (14.09%), Fat: 9.13g (14.04%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 45.26g (16.46%), Sugar: 39.22g (43.58%), Cholesterol: 18.23mg (6.08%), Sodium: 32.52mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Manganese: 0.52mg (26.11%), Fiber: 5.92g (23.67%), Vitamin B2: 0.32mg (18.95%), Vitamin K: 11.27µg (10.73%), Copper: 0.2mg (9.81%), Vitamin C: 7.88mg (9.56%), Potassium: 327.39mg (9.35%), Calcium: 83.72mg (8.37%), Phosphorus: 66.09mg (6.61%), Magnesium: 24.9mg (6.22%), Vitamin A: 243.36IU (4.87%), Vitamin B6: 0.08mg (4.18%), Folate: 16.66µg (4.16%), Zinc: 0.6mg (3.99%), Vitamin B1: 0.05mg (3.58%), Vitamin E: 0.52mg (3.49%), Vitamin B5: 0.3mg (3.01%), Iron: 0.52mg (2.89%), Vitamin B12: 0.13µg (2.22%), Vitamin B3: 0.37mg (1.86%), Selenium: 1µg (1.43%)