



Orange-Baked Pears with Gingersnaps

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 1 tablespoon brown sugar
- ☐ 2.5 cups vanilla yogurt frozen low-fat
- ☐ 0.5 cup gingersnap cookies coarsely chopped (8 cookies)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon butter cut into small pieces reduced-calorie
- ☐ 0.3 cup orange juice unsweetened
- ☐ 32 ounce pear halves in juice drained canned

☐

2 teaspoons sugar

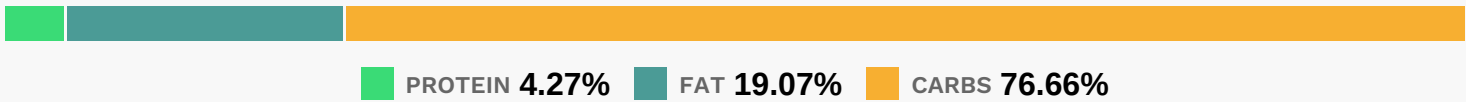
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange pear halves, cut sides down, in an 11- x 7- x 1 1/2-inch baking dish.
- ☐ Combine preserves and next 3 ingredients in a small bowl; pour over pear halves.
- ☐ Combine gingersnaps, brown sugar, and margarine.
- ☐ Sprinkle over pear mixture.
- ☐ Bake at 375 for 35 minutes or until lightly browned.
- ☐ To serve, spoon pear mixture into individual dessert dishes. Top each serving with 1/4 cup frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:5.2517391281283%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 170.7kcal (8.54%), Fat: 3.81g (5.86%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 34.15g (12.42%), Sugar: 24.2g (26.89%), Cholesterol: 0.72mg (0.24%), Sodium: 89.05mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin C: 36.71mg (44.5%), Vitamin B2: 0.13mg (7.67%), Calcium: 71.53mg (7.15%), Potassium: 242.86mg (6.94%), Phosphorus: 64.28mg (6.43%), Copper: 0.11mg

(5.35%), Manganese: 0.1mg (4.95%), Magnesium: 16.69mg (4.17%), Folate: 13.63µg (3.41%), Vitamin A: 170.2IU (3.4%), Vitamin K: 3.34µg (3.18%), Iron: 0.55mg (3.08%), Selenium: 2.1µg (3.01%), Vitamin B3: 0.6mg (2.99%), Vitamin B1: 0.04mg (2.78%), Vitamin B5: 0.28mg (2.77%), Vitamin B6: 0.05mg (2.52%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.11µg (1.76%), Vitamin E: 0.24mg (1.62%), Fiber: 0.27g (1.09%)