



Pear-and-Spinach Purée



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bosc pears cored very ripe peeled quartered
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons milk 2% low-fat
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon salt
- ☐ 1 pound spinach leaves fresh loosely packed
- ☐ 8 cups water

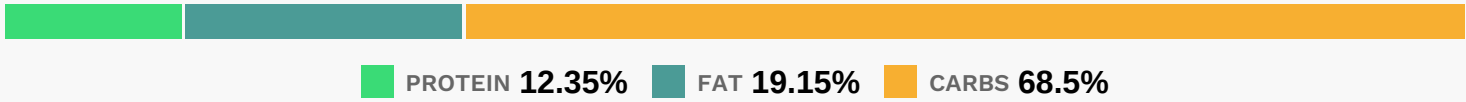
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Bring water to a boil in a large Dutch oven; add spinach, and cook 1 minute or until the spinach wilts.
- ☐ Drain well.
- ☐ Place spinach on paper towels, and squeeze until barely moist.
- ☐ Place spinach, milk, and pear quarters in food processor, and process until smooth.
- ☐ Melt margarine in the Dutch oven over medium-high heat.
- ☐ Add spinach mixture, and cook 5 minutes or until liquid evaporates.
- ☐ Remove from heat; stir in salt and nutmeg.
- ☐ Garnish with the pear slices, if desired.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:23.962608834972%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 2.71g (4.17%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 15.77g (5.74%), Sugar: 11.92g (13.25%), Cholesterol: 0.38mg (0.13%), Sodium: 286.23mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin K: 552.71µg (526.39%), Vitamin A: 10765.88IU (215.32%), Folate: 228.15µg (57.04%), Manganese: 1.07mg (53.7%), Vitamin C: 36.75mg (44.54%), Magnesium: 103.35mg (25.84%), Fiber: 6.02g (24.09%), Potassium: 777.53mg (22.22%), Iron: 3.28mg (18.22%), Vitamin E: 2.52mg (16.78%), Copper: 0.32mg (15.85%), Vitamin B2: 0.26mg (15.02%), Calcium: 147.07mg (14.71%), Vitamin B6: 0.26mg (12.94%), Phosphorus: 77.61mg (7.76%), Vitamin B1: 0.11mg (7.12%), Zinc: 0.8mg (5.3%), Vitamin B3: 1.01mg (5.07%), Selenium: 1.41µg (2.01%), Vitamin B5: 0.16mg (1.58%)