



Pear-Cranberry Compote

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

SAUCE

Ingredients

- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 2 tablespoons juice of lemon fresh
- 6 servings orange zest
- 8 pears ripe peeled
- 0.3 cup sugar
- 12 ounce roasted cranberry sauce whole

Equipment

- sauce pan
- oven
- baking pan

Directions

- Bring first 5 ingredients to a boil in a medium saucepan, stirring constantly, over high heat.
- Remove from heat.
- Arrange pears in a lightly greased deep 8-inch round baking dish; pour cranberry mixture over pears.
- Bake at 350 for 1 hour or until pears are tender.
- Garnish, if desired.
- Note
- For testing purposes, we used Ocean Spray Cran-Fruit Cranberry-Orange Sauce. You can find the 12-ounce tub in the canned-fruit section of your supermarket. To save time, boil cranberry-orange sauce as directed; reduce heat to low, and add pears. Cover and simmer 20 to 25 minutes or until tender.

Nutrition Facts



PROTEIN 2.14% **FAT 1.49%** **CARBS 96.37%**

Properties

Glycemic Index:18.64, Glycemic Load:16.37, Inflammation Score:-4, Nutrition Score:7.1965216190919%

Flavonoids

Cyanidin: 4.95mg, Cyanidin: 4.95mg, Cyanidin: 4.95mg, Cyanidin: 4.95mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 8.92mg, Epicatechin: 8.92mg, Epicatechin: 8.92mg, Epicatechin: 8.92mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 270.74kcal (13.54%), Fat: 0.48g (0.75%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 70.75g (23.58%), Net Carbohydrates: 61.43g (22.34%), Sugar: 49.62g (55.13%), Cholesterol: 0mg (0%), Sodium: 5.73mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Fiber: 9.32g (37.3%), Vitamin C: 29.03mg (35.19%), Copper: 0.22mg (11.12%), Vitamin K: 11.26µg (10.73%), Manganese: 0.19mg (9.56%), Potassium: 323.4mg (9.24%), Vitamin E: 0.85mg (5.68%), Folate: 21.8µg (5.45%), Magnesium: 20.92mg (5.23%), Vitamin B2: 0.09mg (5.11%), Vitamin B6: 0.1mg (5.04%), Calcium: 43.69mg (4.37%), Iron: 0.79mg (4.37%), Vitamin B1: 0.05mg (3.51%), Phosphorus: 33.86mg (3.39%), Vitamin B3: 0.56mg (2.8%), Vitamin A: 134.12IU (2.68%), Zinc: 0.29mg (1.95%), Vitamin B5: 0.18mg (1.82%)