

Pear Dumplings

READY IN



80 min.

SERVINGS



6

CALORIES



1048 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 6 bosc pears ripe
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 3 cups flour all-purpose
- ☐ 3 inch ginger fresh
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 cup macadamia nuts chopped
- ☐ 0.8 cup milk
- ☐ 1 rind of orange cut into strips
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening

Equipment

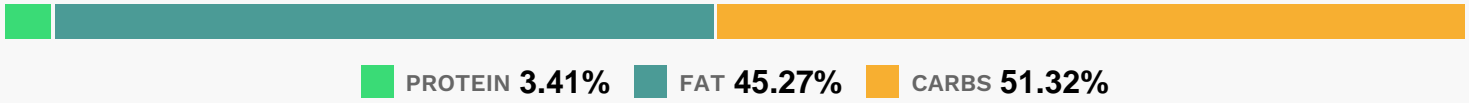
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Stir together first 3 ingredients; cut shortening into flour mixture with a pastry blender until crumbly. Gradually add milk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 4 to 5 times. Shape into a 12-inch log.
- ☐ Cut log into 6 (2-inch) pieces. Shape each into a disk, and roll each into an 8-inch circle on a lightly floured surface.
- ☐ Peel pears, reserving peels. Core each pear from bottom, leaving top 2 inches and stems intact.
- ☐ Stir together brown sugar and next 2 ingredients; spoon about 1 1/2 Tbsp. brown sugar mixture into each pear cavity, pressing firmly.
- ☐ Sprinkle remaining sugar mixture in center of pastry circles (about 1 1/2 Tbsp. each).
- ☐ Place 1 pear in center of each pastry circle. Dot pears with 1/4 cup softened butter. Press dough around pears with palms of hands, sealing around stem.
- ☐ Place in a lightly greased 13- x 9-inch baking dish.

- ☐ Bake at 375 for 40 to 50 minutes, shielding with aluminum foil after 30 minutes to prevent excessive browning, if necessary.
- ☐ Bring granulated sugar, next 3 ingredients, reserved pear peels, and 1 1/2 cups water to a boil over medium-high heat, stirring constantly. Boil, stirring constantly, 1 minute or until sugar is dissolved. Reduce heat to low. Cook, stirring occasionally, 5 minutes.
- ☐ Pour through a wire-mesh strainer into a bowl; discard solids.
- ☐ Pour syrup over dumplings.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.64, Glycemic Load:78.35, Inflammation Score:-6, Nutrition Score:18.814347588498%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg 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 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: 1047.62kcal (52.38%), Fat: 54.22g (83.42%), Saturated Fat: 16.66g (104.13%), Carbohydrates: 138.28g (46.09%), Net Carbohydrates: 129.65g (47.15%), Sugar: 78.37g (87.07%), Cholesterol: 29.01mg (9.67%), Sodium: 237.31mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Manganese: 1.05mg (52.42%), Vitamin B1: 0.67mg (44.89%), Fiber: 8.63g (34.51%), Selenium: 22.93µg (32.76%), Folate: 129.51µg (32.38%), Vitamin K: 27.22µg (25.92%), Vitamin B2: 0.43mg (25.4%), Iron: 3.96mg (22%), Vitamin B3: 4.35mg (21.74%), Vitamin E: 2.72mg (18.11%), Phosphorus: 174.89mg (17.49%), Copper: 0.34mg (16.98%), Calcium: 169.15mg (16.91%), Vitamin C: 10.7mg (12.96%), Magnesium: 47.95mg (11.99%), Potassium: 396.69mg (11.33%), Vitamin B5: 0.83mg (8.35%), Vitamin A: 397.97IU (7.96%), Vitamin B6: 0.14mg (7.13%), Zinc: 0.93mg (6.18%), Vitamin B12: 0.18µg (3.08%), Vitamin D: 0.34µg (2.24%)