

Pear Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



1045 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 3 cups flour all-purpose
- ☐ 1 slice ginger fresh (3-inch)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup macadamia nuts chopped
- ☐ 0.3 cup butter
- ☐ 0.8 cup milk

- ☐ 1 rind of orange cut into strips
- ☐ 6 cooking pears ripe
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1.5 cups sugar
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ pastry cutter

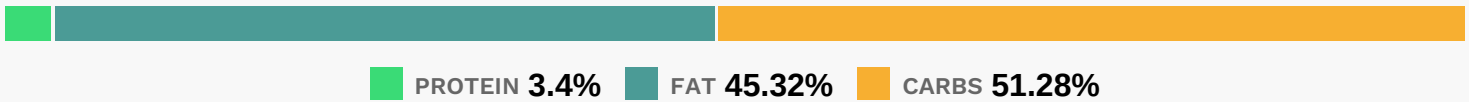
Directions

- ☐ Combine first 3 ingredients; cut in shortening with a pastry blender until mixture is crumbly. Gradually add milk, stirring enough to make a soft dough.
- ☐ Turn dough out onto a lightly floured surface, and roll into a 21- x 14-inch rectangle.
- ☐ Cut rectangle into 6 (7-inch) squares with a pastry cutter.
- ☐ Peel pears, reserving skin. Core each pear from the bottom, leaving top 2 inches.
- ☐ Place each pear on a pastry square.
- ☐ Stir together brown sugar, cinnamon, and chopped nuts; spoon 2 teaspoonfuls mixture into each pear core, pressing firmly. Dot tops of pears evenly with butter. Moisten dumpling edges with water. Bring corners to center, pinching edges to seal.
- ☐ 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.

- ☐
- Bring reserved pear skin, sugar, and next 4 ingredients to a boil in a medium saucepan over medium-high heat. Reduce heat, and simmer, stirring occasionally, 4 minutes or until butter melts and sugar dissolves.

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Nutrition Facts



Properties

Glycemic Index:56.97, Glycemic Load:78.27, Inflammation Score:-7, Nutrition Score:18.821739144947%

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: 1045.32kcal (52.27%), Fat: 54.13g (83.27%), Saturated Fat: 12.56g (78.52%), Carbohydrates: 137.81g (45.94%), Net Carbohydrates: 129.25g (47%), Sugar: 78.31g (87.01%), Cholesterol: 3.66mg (1.22%), Sodium: 662.81mg (28.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.29%), Manganese: 1.04mg (52.11%), Vitamin B1: 0.67mg (44.87%), Fiber: 8.56g (34.26%), Selenium: 22.79µg (32.56%), Folate: 128.93µg (32.23%), Vitamin B2: 0.43mg (25.36%), Vitamin K: 26.39µg (25.14%), Iron: 3.94mg (21.9%), Vitamin B3: 4.32mg (21.61%), Vitamin E: 2.8mg (18.67%), Phosphorus: 173.7mg (17.37%), Calcium: 171.36mg (17.14%), Copper: 0.34mg (17.11%), Vitamin C: 10.56mg (12.8%), Magnesium: 47.31mg (11.83%), Potassium: 385.75mg (11.02%), Vitamin A: 525.08IU (10.5%), Vitamin B5: 0.83mg (8.25%), Vitamin B6: 0.14mg (6.91%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.34µg (2.24%)