



Pear-Orange Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



586 kcal

SIDE DISH

Ingredients

- ☐ 6 cups pears diced cored
- ☐ 1 medium cranberry-orange relish seeded chopped
- ☐ 1.5 cups sugar
- ☐ 0.5 cup maraschino cherries chopped
- ☐ 0.5 cup walnut pieces chopped

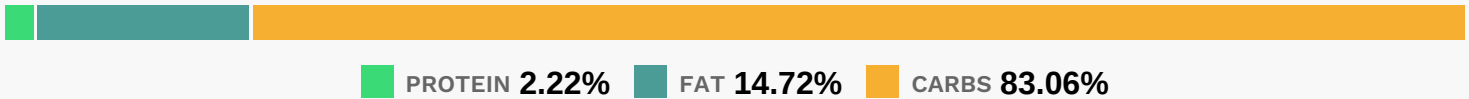
Equipment

- ☐ slow cooker

Directions

- ☐ Mix pears, orange and sugar in 2- to 3 1/2-quart slow cooker.
- ☐ Cover and cook on high heat setting 2 hours.
- ☐ Stir mixture. Cook uncovered on high heat setting 1 1/2 to 2 hours or until very thick. Stir in cherries and walnuts. Cool about 2 hours.
- ☐ Spoon conserve into container. Cover and store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:42.34, Glycemic Load:64.61, Inflammation Score:-5, Nutrition Score:10.355217373889%

Flavonoids

Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 9.08mg, Epicatechin: 9.08mg, Epicatechin: 9.08mg, Epicatechin: 9.08mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 586.24kcal (29.31%), Fat: 10.22g (15.72%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 129.7g (43.23%), Net Carbohydrates: 119.5g (43.45%), Sugar: 113.31g (125.91%), Cholesterol: 0mg (0%), Sodium: 4.64mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Fiber: 10.2g (40.79%), Vitamin C: 28mg (33.94%), Manganese: 0.63mg (31.5%), Copper: 0.49mg (24.64%), Potassium: 411.62mg (11.76%), Magnesium: 44.47mg (11.12%), Vitamin K: 11.46µg (10.92%), Folate: 41.06µg (10.27%), Phosphorus: 85.05mg (8.51%), Vitamin B6: 0.17mg (8.48%), Vitamin B1: 0.11mg (7.16%), Vitamin B2: 0.11mg (6.59%), Calcium: 65.89mg (6.59%), Iron: 1.06mg (5.88%), Zinc: 0.8mg (5.34%), Vitamin B3: 0.65mg (3.23%), Vitamin E: 0.47mg (3.11%), Vitamin A: 150.3IU (3.01%), Vitamin B5: 0.3mg (3%), Selenium: 1.63µg (2.33%)