



Pear-Orange Fruit Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



10 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon orange zest
- ☐ 0.5 cup pear preserves

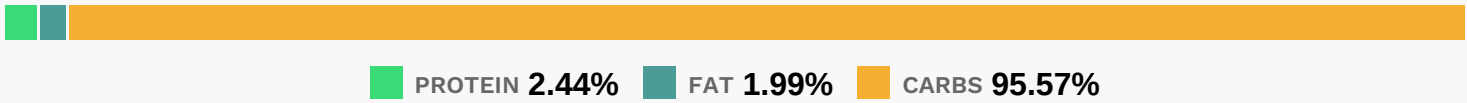
Equipment

- ☐ microwave

Directions

Microwave preserves at HIGH 1 minute, stirring at 20-second intervals. Stir in orange zest and ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.39869565184674%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 9.69kcal (0.48%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.02g (0.73%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 0.18mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.13%), Fiber: 0.57g (2.27%), Vitamin C: 1.24mg (1.5%)