



Pear-Orange Gratin

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- 1.3 pounds firm-ripe pears such as d'anjou cored peeled
- 0.3 cup apricot preserves
- 1.5 tablespoons juice of lemon
- 6 oz cranberry-orange relish
- 2 tablespoons orange juice
- 0.3 cup sugar

Equipment

- frying pan

oven

Directions

Rinse orange, cut in half lengthwise, then slice crosswise; discard seeds.

In a 10- to 12-inch nonstick frying pan, combine orange, 1/4 cup sugar and 2 tablespoons water. Stir often over medium-high heat until liquid evaporates, 4 to 5 minutes; take care not to scorch fruit.

Cut pears lengthwise into 3/4-inch slices and mix with lemon juice. In a 10-inch-wide (about 8-cup) round quiche dish or shallow casserole, snugly arrange pears in a single layer. Tuck orange pieces among pear slices. Spoon brandy over fruit, then sprinkle evenly with remaining 2 tablespoons sugar.

Bake in a 450 oven until fruit edges are tinged with dark brown, 25 to 30 minutes.

Stir apricot jam to soften; dot evenly over fruit.

Return dish to oven and bake until jam is bubbling, about 5 minutes. Spoon portions onto plates.

Nutrition Facts



PROTEIN 2.11% **FAT 1.52%** **CARBS 96.37%**

Properties

Glycemic Index:33.56, Glycemic Load:11.45, Inflammation Score:-3, Nutrition Score:3.8926087306893%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 8.94mg, Hesperetin: 8.94mg, Hesperetin: 8.94mg, Hesperetin: 8.94mg Naringenin: 4.52mg, Naringenin: 4.52mg, Naringenin: 4.52mg, Naringenin: 4.52mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg 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: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 126.5kcal (6.33%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 29.54g (10.74%), Sugar: 25.03g (27.81%), Cholesterol: 0mg (0%), Sodium: 5.07mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 24.3mg (29.45%), Fiber: 3.66g (14.65%), Potassium: 183.88mg (5.25%), Copper: 0.1mg (5.19%), Folate: 17.67µg (4.42%), Vitamin K: 4.16µg (3.97%), Manganese: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.8%), Magnesium: 10.69mg (2.67%), Vitamin B6: 0.05mg (2.52%), Vitamin B2: 0.04mg (2.47%), Vitamin A: 119.18IU (2.38%), Calcium: 22.75mg (2.27%), Phosphorus: 16.87mg (1.69%), Iron: 0.27mg (1.47%), Vitamin B5: 0.13mg (1.35%), Vitamin B3: 0.26mg (1.31%), Vitamin E: 0.19mg (1.23%)