



## Pears with Raspberry Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 6 medium pears ripe
- 2 cups raspberries fresh unsweetened
- 0.3 cup strawberry jam reduced-sugar

### Equipment

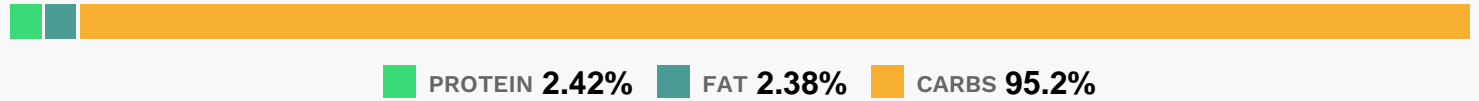
- sauce pan

- oven
- baking pan

## Directions

- Core and peel pears; set upright in an 8-in. square baking dish.
- Combine honey and lemon juice; pour over pears. Cover and bake at 350° for 1-1/2 hours or until pears are tender, basting occasionally.
- Meanwhile, in a small saucepan, combine the fruit spread and vinegar; stir in raspberries. Cook over medium-low heat until heated through; spoon over pears.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:16.79, Inflammation Score:-3, Nutrition Score:6.6643477211828%

## Flavonoids

Cyanidin: 21.97mg, Cyanidin: 21.97mg, Cyanidin: 21.97mg, Cyanidin: 21.97mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 8.1mg, Epicatechin: 8.1mg, Epicatechin: 8.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 185.07kcal (9.25%), Fat: 0.53g (0.82%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 39.43g (14.34%), Sugar: 31.89g (35.43%), Cholesterol: 0mg (0%), Sodium: 7.29mg (0.32%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Fiber: 8.3g (33.21%), Vitamin C: 21.35mg (25.88%), Manganese: 0.38mg (18.89%), Vitamin K: 10.95µg (10.43%), Copper: 0.2mg (9.99%), Potassium: 290.23mg (8.29%), Folate: 23.56µg (5.89%), Magnesium: 22.52mg (5.63%), Vitamin B2: 0.08mg (4.45%), Vitamin B6: 0.08mg (4.02%), Iron: 0.71mg (3.94%), Vitamin E: 0.59mg (3.91%), Phosphorus: 36.73mg (3.67%), Calcium: 29.92mg (2.99%), Vitamin B3: 0.54mg (2.72%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.37mg (2.5%), Vitamin B5: 0.23mg (2.33%), Vitamin A: 58IU (1.16%)