



Pears with Rosemary Sugar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.3 cup orange juice fresh
- ☐ 3 pears
- ☐ 0.5 cup sugar

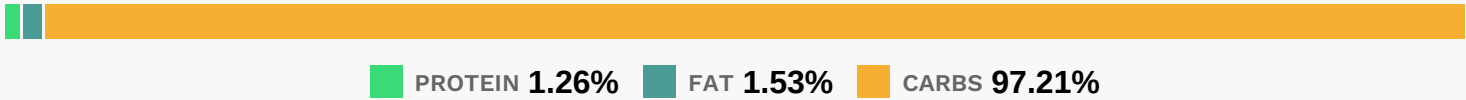
Equipment

Directions

- ☐
- Core pears and cut into wedges. Arrange the wedges on dessert plates.

☐☐

Nutrition Facts



Properties

Glycemic Index:39.71, Glycemic Load:24.21, Inflammation Score:-3, Nutrition Score:3.4469564764396%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 179.98kcal (9%), Fat: 0.33g (0.5%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 42.67g (15.52%), Sugar: 39.27g (43.63%), Cholesterol: 0mg (0%), Sodium: 1.87mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Fiber: 4.24g (16.96%), Vitamin C: 13.6mg (16.48%), Copper: 0.12mg (5.98%), Vitamin K: 5.89µg (5.61%), Potassium: 189.7mg (5.42%), Folate: 14.54µg (3.64%), Manganese: 0.07mg (3.6%), Magnesium: 11.51mg (2.88%), Vitamin B2: 0.04mg (2.64%), Vitamin B6: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.01%), Phosphorus: 18.99mg (1.9%), Iron: 0.32mg (1.76%), Vitamin A: 79IU (1.58%), Calcium: 15.56mg (1.56%), Vitamin B3: 0.28mg (1.41%), Vitamin E: 0.17mg (1.11%)