



Quick Baked Pears



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 2 large bosc pears
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 cup cranberries mixed dried (such as Sun-Maid Fruit Bits)
- ☐ 0.5 cup vanilla yogurt frozen low-fat divided
- ☐ 0.3 cup cereal low-fat
- ☐ 2 teaspoons sugar

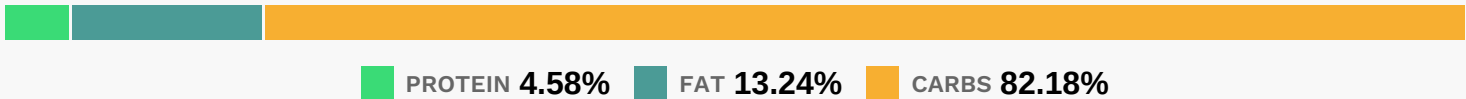
Equipment

- ☐ knife
- ☐ wax paper
- ☐ microwave
- ☐ slotted spoon
- ☐ melon baller

Directions

- ☐ Peel pears; cut in half lengthwise. Use a melon baller or grapefruit spoon to remove core and seeds, creating a hollow.
- ☐ Place pear halves, with cut sides up, in a glass pie plate.
- ☐ Combine sugar and cinnamon; sprinkle evenly over pears.
- ☐ Combine cranberries and granola; mound into hollows of the pear halves.
- ☐ Pour the apple juice in and around pear halves. Cover dish loosely with wax paper.
- ☐ Cook in microwave on HIGH 6–8 minutes or until the pears are tender when pierced with a knife.
- ☐ Let stand in the dish 5 minutes. Use a large slotted spoon to transfer the pears to serving plates.
- ☐ Drizzle juices from pie plate over pears and serve with frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:38.15, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:4.7069565339581%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg,

Epigallocatechin 3–gallate: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 168.25kcal (8.41%), Fat: 2.65g (4.08%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 32.62g (11.86%), Sugar: 26.08g (28.98%), Cholesterol: 0.36mg (0.12%), Sodium: 20.36mg (0.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Fiber: 4.46g (17.84%), Manganese: 0.32mg (15.76%), Copper: 0.13mg (6.54%), Vitamin C: 5.26mg (6.37%), Potassium: 220.91mg (6.31%), Phosphorus: 61.21mg (6.12%), Vitamin K: 6.06µg (5.78%), Vitamin B2: 0.09mg (5.24%), Magnesium: 18.66mg (4.67%), Calcium: 45.84mg (4.58%), Vitamin E: 0.61mg (4.1%), Iron: 0.65mg (3.62%), Vitamin B1: 0.05mg (3.22%), Vitamin B6: 0.06mg (3.14%), Selenium: 2.11µg (3.01%), Folate: 11.73µg (2.93%), Vitamin B5: 0.24mg (2.4%), Zinc: 0.36mg (2.38%), Vitamin B3: 0.36mg (1.82%), Vitamin A: 67.43IU (1.35%)