



## Roasted Cranberry Pear Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 2.5 cups bosc pear diced peeled ()
- 1 cinnamon sticks
- 2 cups cranberries fresh
- 0.8 cup brown sugar light

### Equipment

- bowl
- baking sheet
- oven

# Directions

- Preheat oven to 35
- In a medium bowl, mix pears, cranberries, sugar, cinnamon stick, and 1/4 cup water.
- Transfer to a rimmed baking sheet and roast, stirring occasionally, until the berries have popped and the juices have thickened, about 40 minutes. Chill until cool, covered.

# Nutrition Facts

PROTEIN 1.06% FAT 0.77% CARBS 98.17%

## Properties

Glycemic Index:14.46, Glycemic Load:4.25, Inflammation Score:-2, Nutrition Score:3.2413043431614%

## Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

## Nutrients (% of daily need)

Calories: 159.51kcal (7.98%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 41.64g (13.88%), Net Carbohydrates: 38.05g (13.84%), Sugar: 34.65g (38.5%), Cholesterol: 0mg (0%), Sodium: 9.1mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Fiber: 3.59g (14.36%), Manganese: 0.27mg (13.58%), Vitamin C: 7.57mg (9.18%), Vitamin K: 4.8µg (4.57%), Copper: 0.09mg (4.43%), Potassium: 143.57mg (4.1%), Calcium: 37.37mg (3.74%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.05mg (2.53%), Iron: 0.44mg (2.45%), Magnesium: 9.52mg (2.38%), Vitamin B5: 0.17mg (1.7%), Vitamin B2: 0.02mg (1.43%), Folate: 5.34µg (1.33%), Phosphorus: 13.19mg (1.32%)