



Roasted Pears with Blackberries, Ricotta, and Lavender Sugar

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

Ingredients

- 12 ounce blackberries frozen
- 1 tablespoon culinary lavender buds dried
- 2 tablespoons juice of lemon fresh
- 6 pears cored unpeeled quartered (such as Bosc or Bartlett)
- 1.5 cups sugar
- 1 cup whipped cream fresh

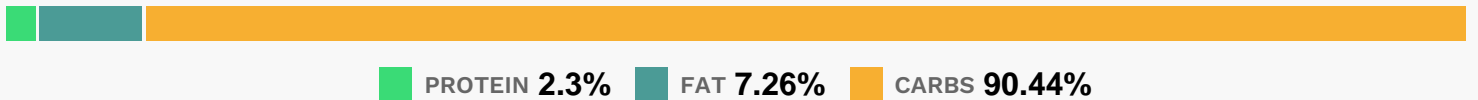
Equipment

- bowl
- baking sheet
- oven
- broiler

Directions

- Grind first 2 ingredients in processor until lavender is finely chopped. DO AHEAD: Lavender sugar can be made 1 month ahead. Store airtight at room temperature.
- Preheat oven to 425°F. Generously butter large rimmed baking sheet. Toss pears, lemon juice, and 3 tablespoons lavender sugar in large bowl.
- Transfer pears, 1 cut side down, to baking sheet. Roast 20 minutes. Turn pears, placing other cut side down.
- Sprinkle with 1 tablespoon lavender sugar; roast 20 minutes. Turn pears, skin side down. Preheat broiler.
- Sprinkle pears with 1 tablespoon lavender sugar. Broil until pears begin to caramelize, about 8 minutes. Arrange berries around pears; sprinkle with 1 tablespoon lavender sugar. Broil until berries begin to release juice, about 5 minutes.
- Divide pears, berries, and juice among bowls. Top with dollop of ricotta and serve.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:46.5, Inflammation Score:-5, Nutrition Score:8.5243477626987%

Flavonoids

Cyanidin: 60.34mg, Cyanidin: 60.34mg, Cyanidin: 60.34mg, Cyanidin: 60.34mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.49mg, Catechin: 21.49mg, Catechin: 21.49mg, Catechin: 21.49mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 9.34mg, Epicatechin: 9.34mg, Epicatechin: 9.34mg, Epicatechin: 9.34mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-

gallate: 0.69mg 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: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 366.21kcal (18.31%), Fat: 3.14g (4.84%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 88.12g (29.37%), Net Carbohydrates: 79.42g (28.88%), Sugar: 74.81g (83.12%), Cholesterol: 9.68mg (3.23%), Sodium: 20.5mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Fiber: 8.69g (34.77%), Vitamin C: 21.93mg (26.58%), Manganese: 0.46mg (22.8%), Vitamin K: 19.12µg (18.21%), Copper: 0.25mg (12.44%), Potassium: 348.26mg (9.95%), Vitamin B2: 0.12mg (7.3%), Folate: 28.73µg (7.18%), Magnesium: 27.18mg (6.79%), Calcium: 66.92mg (6.69%), Vitamin E: 0.95mg (6.34%), Phosphorus: 57.33mg (5.73%), Vitamin A: 266.26IU (5.33%), Iron: 0.77mg (4.28%), Zinc: 0.64mg (4.25%), Vitamin B6: 0.08mg (4.07%), Vitamin B5: 0.38mg (3.78%), Vitamin B3: 0.68mg (3.41%), Vitamin B1: 0.04mg (2.86%), Selenium: 1.11µg (1.58%), Vitamin B12: 0.09µg (1.43%)