



## Roasted Pears with Caramel Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

### Ingredients

- 4 tablespoons butter
- 1 cup t brown sugar dark packed
- 4 pears cored halved
- 0.3 cup pistachios toasted coarsely chopped your favorite (or nuts)
- 0.5 cup cream sour

### Equipment

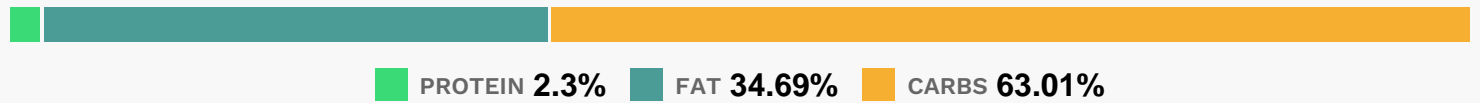
- bowl
- frying pan

- oven
- baking pan

## Directions

- Adjust oven rack to center position and heat oven to 400 degrees.
- Place butter in a baking pan large enough to hold the pears in a single layer: set in the heating oven until it melts.
- Sprinkle sugar over melted butter, then place pears, cut side down, on top.
- Bake until tender, about 30 minutes.
- Remove pan from oven, turn pears over and baste with pan sauce. Return to oven; bake until golden and glossy, about 10 minutes longer.
- Let cool slightly.
- Transfer pears to dessert plates or bowls. Top each with dollop of sour cream, drizzle with caramel pan sauce, sprinkle with nuts and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.19, Glycemic Load:8.16, Inflammation Score:-5, Nutrition Score:7.4821739248607%

## Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 510.97kcal (25.55%), Fat: 20.67g (31.8%), Saturated Fat: 10.57g (66.04%), Carbohydrates: 84.47g (28.16%), Net Carbohydrates: 78.16g (28.42%), Sugar: 72.28g (80.31%), Cholesterol: 47.06mg (15.69%), Sodium: 116.19mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Fiber: 6.31g (25.24%), Copper: 0.28mg (13.85%), Vitamin A: 605.38IU (12.11%), Potassium: 397.72mg (11.36%), Vitamin B6: 0.22mg (10.85%),

Manganese: 0.22mg (10.8%), Calcium: 102.14mg (10.21%), Vitamin C: 8.34mg (10.11%), Vitamin K: 9.24µg (8.8%), Phosphorus: 86.44mg (8.64%), Magnesium: 29.87mg (7.47%), Vitamin B2: 0.11mg (6.57%), Vitamin B1: 0.09mg (6.31%), Iron: 1.04mg (5.75%), Vitamin E: 0.82mg (5.5%), Folate: 19.08µg (4.77%), Selenium: 2.58µg (3.69%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.31mg (3.12%), Vitamin B3: 0.48mg (2.4%), Vitamin B12: 0.08µg (1.4%)