



Ruby Pears

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cinnamon
- 2 tablespoons juice of lemon
- 29 ounces pears drained canned
- 0.3 cup sugar
- 14 ounces roasted cranberry sauce canned

Equipment

- sauce pan
- oven

baking pan

Directions

- Place pears cut side up in a greased 8-in. square baking dish. In a saucepan, combine the cranberry sauce, sugar, lemon juice and cinnamon. Cook and stir until sugar is dissolved and mixture is heated through.
- Spoon sauce over pears.
- Bake, uncovered, at 350° for 25–30 minutes or until heated through.

Nutrition Facts

PROTEIN 1.91% **FAT 1.28%** **CARBS 96.81%**

Properties

Glycemic Index:18.64, Glycemic Load:11.91, Inflammation Score:-2, Nutrition Score:3.6921739034031%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg 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: 0.24mg, 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 216.67kcal (10.83%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 51.23g (18.63%), Sugar: 42.84g (47.6%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Fiber: 5.03g (20.14%), Vitamin C: 8.49mg (10.29%), Vitamin K: 6.98µg (6.65%), Copper: 0.13mg (6.56%), Manganese: 0.12mg (6.05%), Vitamin E: 0.79mg (5.26%), Potassium: 183.14mg (5.23%), Vitamin B2: 0.05mg (3.05%), Iron: 0.53mg (2.96%), Magnesium: 11.26mg (2.82%),

Folate: 11.26µg (2.81%), Vitamin B6: 0.05mg (2.57%), Phosphorus: 19.54mg (1.95%), Vitamin B1: 0.03mg (1.84%), Calcium: 15.53mg (1.55%), Vitamin B3: 0.29mg (1.46%), Vitamin A: 62.58IU (1.25%), Zinc: 0.16mg (1.08%)