



Ruby Pears

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 servings mock devonshire cream
- ☐ 2 cups ginger ale
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 8 servings garnish: ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 0.3 cup orange juice fresh (1 orange)
- ☐ 58 ounce pear halves drained canned

☐ 12 ounce currant jelly red

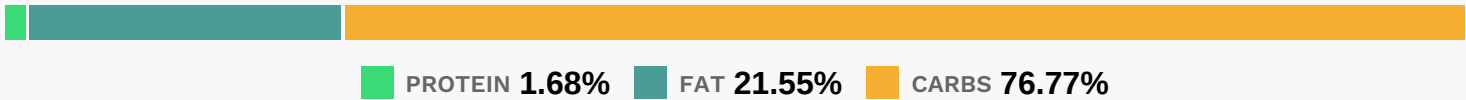
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Arrange pear halves, cut side up, in an ungreased 13" x 9" baking dish. Stir together ginger ale and next 3 ingredients.
- ☐ Pour ginger ale mixture over pears; sprinkle with 1/4 teaspoon cinnamon. Cover and chill at least 3 hours or overnight.
- ☐ Remove pears from refrigerator, and let stand at room temperature 30 minutes. Uncover and bake at 350 for 40 minutes.
- ☐ Melt jelly in a small saucepan over low heat; stir in remaining 1/4 teaspoon cinnamon and 3 tablespoons pan juices.
- ☐ Remove pears from baking dish using a slotted spoon.
- ☐ Place pears in a serving dish; pour jelly mixture over pears.
- ☐ Serve with Mock Devonshire Cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:28.69, Inflammation Score:-4, Nutrition Score:7.5034782096096%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 7.73mg, Epicatechin: 7.73mg, Epicatechin: 7.73mg, Epicatechin: 7.73mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 341.16kcal (17.06%), Fat: 8.6g (13.23%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 68.94g (22.98%), Net Carbohydrates: 60.95g (22.16%), Sugar: 47.14g (52.38%), Cholesterol: 16.95mg (5.65%), Sodium: 57.18mg (2.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Fiber: 7.99g (31.98%), Manganese: 0.5mg (24.81%), Vitamin C: 18.08mg (21.92%), Copper: 0.23mg (11.73%), Vitamin K: 10.19µg (9.71%), Potassium: 315.99mg (9.03%), Vitamin A: 419.07IU (8.38%), Vitamin B2: 0.12mg (7%), Calcium: 62.09mg (6.21%), Folate: 22.9µg (5.73%), Magnesium: 20.19mg (5.05%), Iron: 0.89mg (4.97%), Phosphorus: 45.23mg (4.52%), Vitamin B6: 0.08mg (4.09%), Vitamin E: 0.6mg (4.01%), Vitamin B1: 0.04mg (2.88%), Selenium: 1.64µg (2.35%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.42mg (2.1%), Vitamin B5: 0.18mg (1.78%), Vitamin D: 0.24µg (1.6%)