



Sautéed Brown Sugar Pears

 Vegetarian

READY IN



26 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 2 anjou pears peeled cut into eighths
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cornstarch
- ☐ 4 servings gingersnaps
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon vanilla extract
- ☐ 4 servings whipped cream

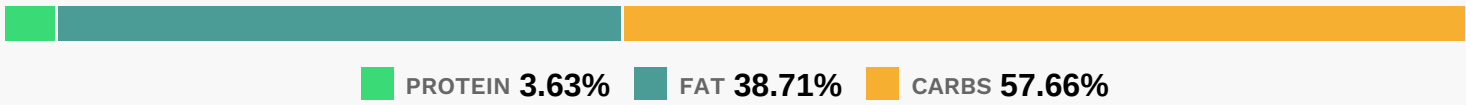
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle lemon juice over pears. Melt sugar and butter in a large nonstick skillet over medium heat, stirring occasionally, 2 minutes or until melted and smooth. Reduce heat to low; add pears, and cook, stirring often, 6 to 8 minutes or until pears are tender.
- ☐ Whisk together cornstarch and 1 tsp. water. Stir into pear mixture, and cook 1 minute or until thickened.
- ☐ Remove from heat, and stir in vanilla extract.
- ☐ Serve with vanilla ice cream and gingersnaps.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:13.18, Inflammation Score:-4, Nutrition Score:5.0486956368322%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 298.12kcal (14.91%), Fat: 13.17g (20.26%), Saturated Fat: 8.13g (50.78%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 40.89g (14.87%), Sugar: 36.37g (40.41%), Cholesterol: 44.09mg (14.7%), Sodium: 108.23mg

(4.71%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 2.78g (5.55%), Fiber: 3.26g (13.03%), Vitamin B2: 0.19mg (11.05%), Calcium: 106.64mg (10.66%), Vitamin A: 475.29IU (9.51%), Phosphorus: 83.43mg (8.34%), Potassium: 262.63mg (7.5%), Vitamin C: 5.67mg (6.88%), Copper: 0.1mg (4.94%), Vitamin B5: 0.46mg (4.62%), Vitamin B12: 0.27µg (4.49%), Magnesium: 17.64mg (4.41%), Vitamin K: 4.63µg (4.41%), Zinc: 0.56mg (3.75%), Manganese: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.31%), Vitamin E: 0.48mg (3.22%), Folate: 11.5µg (2.87%), Vitamin B1: 0.04mg (2.74%), Selenium: 1.58µg (2.26%), Iron: 0.39mg (2.16%), Vitamin B3: 0.28mg (1.38%)