



Sautéed Pears

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

Ingredients

- 6 bosc pears peeled sliced
- 3 tablespoons brown sugar
- 3 tablespoons butter
- 2 tablespoons juice of lemon
- 0.1 teaspoon salt
- 1 tablespoon vanilla extract

Equipment

- frying pan

Directions

- Toss together pears and lemon juice.
- Melt butter in a large skillet over medium-high heat.
- Add pear mixture, tossing to coat, and cook about 2 minutes; add brown sugar. Bring to a boil; reduce heat to low, and simmer 5 minutes or until pears are soft and sauce thickens slightly. Stir in vanilla and salt.

Nutrition Facts

PROTEIN 1.52% **FAT 28.04%** **CARBS 70.44%**

Properties

Glycemic Index:8.68, Glycemic Load:4.75, Inflammation Score:-2, Nutrition Score:2.4265217194739%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 109.07kcal (5.45%), Fat: 3.56g (5.48%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 16.82g (6.12%), Sugar: 14.15g (15.72%), Cholesterol: 9.03mg (3.01%), Sodium: 58.3mg (2.53%), Alcohol: 0.45g (100%), Alcohol %: 0.48% (100%), Protein: 0.44g (0.87%), Fiber: 3.32g (13.28%), Vitamin C: 5.75mg (6.97%), Vitamin K: 4.99µg (4.76%), Copper: 0.09mg (4.54%), Potassium: 134.7mg (3.85%), Manganese: 0.06mg (2.85%), Vitamin A: 131.84IU (2.64%), Folate: 8.24µg (2.06%), Magnesium: 8.22mg (2.06%), Vitamin B2: 0.03mg (1.82%), Vitamin B6: 0.03mg (1.71%), Vitamin E: 0.23mg (1.53%), Phosphorus: 14.29mg (1.43%), Calcium: 13.95mg (1.39%), Iron: 0.22mg (1.24%)