



Sliced Oranges and Pears with Mint Sugar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- 2 tablespoons mint leaves fresh packed
- 2 cranberry-orange relish
- 2 pears
- 2 tablespoons sugar

Equipment

Directions

Peel and slice oranges. Core pears and cut them into thin wedges. Arrange the fruit on 4 dessert plates. Mince mint leaves until very fine and mix with sugar.

Sprinkle over the fruit and serve.

Nutrition Facts

PROTEIN 3.53% **FAT 1.9%** **CARBS 94.57%**

Properties

Glycemic Index:37.34, Glycemic Load:10.76, Inflammation Score:-5, Nutrition Score:5.6386957220409%

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: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 18.1mg, Hesperetin: 18.1mg, Hesperetin: 18.1mg, Hesperetin: 18.1mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 106.36kcal (5.32%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 23.07g (8.39%), Sugar: 20.79g (23.1%), Cholesterol: 0mg (0%), Sodium: 1.73mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 39.47mg (47.84%), Fiber: 4.53g (18.12%), Folate: 28.73µg (7.18%), Potassium: 236.14mg (6.75%), Copper: 0.11mg (5.55%), Vitamin A: 275.83IU (5.52%), Vitamin B1: 0.07mg (4.65%), Manganese: 0.09mg (4.44%), Calcium: 40.35mg (4.03%), Vitamin K: 3.92µg (3.73%), Magnesium: 14.78mg (3.7%), Vitamin B6: 0.07mg (3.42%), Vitamin B2: 0.06mg (3.36%), Phosphorus: 21.67mg (2.17%), Vitamin B5: 0.22mg (2.16%), Iron: 0.36mg (1.98%), Vitamin B3: 0.37mg (1.85%), Vitamin E: 0.22mg (1.5%), Zinc: 0.16mg (1.09%)