



Slow-Cooker Caramel Poached Pears

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

Ingredients

- ☐ 6 bosc pears cored peeled halved
- ☐ 1.5 cups brown sugar dark
- ☐ 1 tablespoon ginger grated
- ☐ 2 tablespoons butter unsalted cut into small pieces
- ☐ 1 pint whipped cream

Equipment

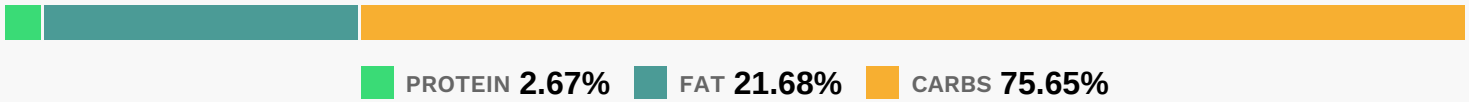
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ In the bowl of the slow cooker, combine the sugar, ginger, and butter.
- ☐ Heat oven to 325 F. Follow the recipe above using a Dutch oven or casserole.
- ☐ Bake, covered, turning once, until the pears are tender and easily pierced with the tip of a knife, 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:18.79, Glycemic Load:18.96, Inflammation Score:-4, Nutrition Score:7.5947826323302%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 508.1kcal (25.4%), Fat: 12.72g (19.57%), Saturated Fat: 7.79g (48.71%), Carbohydrates: 99.83g (33.28%), Net Carbohydrates: 93.74g (34.09%), Sugar: 87.45g (97.16%), Cholesterol: 44.73mg (14.91%), Sodium: 80.94mg (3.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Fiber: 6.09g (24.37%), Calcium: 163.92mg (16.39%), Vitamin B2: 0.24mg (13.97%), Potassium: 442.53mg (12.64%), Phosphorus: 107.88mg (10.79%), Vitamin C: 8.19mg (9.92%), Vitamin A: 493.13IU (9.86%), Copper: 0.19mg (9.67%), Vitamin K: 8.4µg (8%), Magnesium: 29.05mg (7.26%), Manganese: 0.13mg (6.49%), Vitamin B5: 0.63mg (6.26%), Vitamin B6: 0.11mg (5.7%), Vitamin B12: 0.32µg (5.26%), Zinc: 0.75mg (4.98%), Iron: 0.79mg (4.39%), Folate: 17.22µg (4.31%), Vitamin E: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.61%), Selenium: 2.31µg (3.3%), Vitamin B3: 0.45mg (2.25%), Vitamin D: 0.23µg (1.52%)