



Slow-Cooker Maple-Sauced Pears

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- 6 pears
- 0.5 cup brown sugar packed
- 0.3 cup maple syrup
- 1 tablespoon butter melted
- 1 teaspoon orange zest
- 0.1 teaspoon ground ginger
- 1 tablespoon cornstarch
- 2 tablespoons orange juice

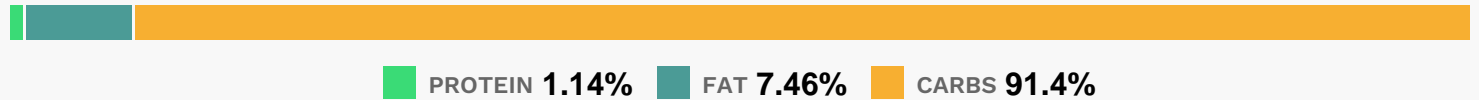
Equipment

slow cooker

Directions

- Peel pears. Core pears from bottom, leaving stems attached.
- Place pears upright in 3 1/2- to 5-quart slow cooker.
- Mix remaining ingredients except cornstarch and orange juice; pour over pears.
- Cover and cook on high heat setting 2 to 2 1/2 hours or until tender.
- Remove pears from cooker; place upright in serving dish or individual dessert dishes.
- Mix cornstarch and orange juice; stir into sauce in cooker. Cover and cook on high heat setting about 10 minutes or until sauce is thickened. Spoon sauce over pears. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:12.62, Inflammation Score:-3, Nutrition Score:5.9382609119234%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 244.3kcal (12.21%), Fat: 2.14g (3.3%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 53.45g (19.44%), Sugar: 46.33g (51.48%), Cholesterol: 0mg (0%), Sodium: 30.72mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Manganese: 0.52mg (26.2%), Fiber: 5.58g (22.33%), Vitamin B2: 0.28mg (16.26%), Vitamin C: 10.95mg (13.27%), Potassium: 284.72mg (8.13%), Copper: 0.16mg (7.91%), Vitamin K: 7.84µg (7.46%), Calcium: 52.67mg (5.27%), Magnesium: 18.76mg (4.69%), Folate: 14.47µg (3.62%), Vitamin B6: 0.06mg (3.12%), Vitamin A: 140.71IU (2.81%), Iron: 0.5mg (2.77%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 23.91mg (2.39%), Zinc: 0.31mg (2.1%), Vitamin E: 0.29mg (1.93%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.13mg (1.26%)