



Spiced Pear Pie

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



157 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar packed
- 1 Tbsp butter
- 0.3 tsp ground cinnamon
- 0.5 tsp ground ginger
- 1 Tbsp juice of lemon
- 3 Tbsp minute tapioca
- 6 cups pears peeled thinly sliced
- 15 oz ready-to-use pie crust refrigerated (2 crusts)

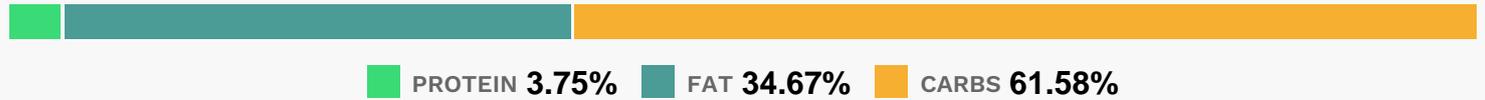
Equipment

- bowl
- oven

Directions

- Mix pears, brown sugar, tapioca, lemon juice, ginger and cinnamon in large bowl.
- Let stand 15 minutes.
- Preheat oven to 400F. Prepare pie crusts as directed on package for 2-crust pie, using 9-inch pie plate. Fill with fruit mixture. Dot with butter. Cover with second pie crust; seal and flute edge.
- Cut several slits into top crust to allow steam to escape.
- Bake 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:2.15, Inflammation Score:-1, Nutrition Score:2.5565217633772%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 157.03kcal (7.85%), Fat: 6.18g (9.51%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 22.64g (8.23%), Sugar: 10.07g (11.18%), Cholesterol: 0mg (0%), Sodium: 95.61mg (4.16%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Fiber: 2.05g (8.22%), Manganese: 0.14mg (7.07%), Folate: 18.48µg (4.62%), Vitamin B1: 0.06mg (4.3%), Iron: 0.69mg (3.84%), Vitamin K: 3.69µg (3.51%), Vitamin B3: 0.66mg (3.32%), Copper: 0.06mg (2.93%), Vitamin B2: 0.05mg (2.89%), Vitamin C: 2.37mg (2.87%), Potassium: 85.77mg (2.45%), Phosphorus: 21.64mg (2.16%), Selenium: 1.35µg (1.93%), Magnesium: 7.25mg (1.81%), Vitamin B6: 0.03mg (1.38%), Calcium: 13.58mg (1.36%), Vitamin E: 0.18mg (1.2%), Vitamin B5: 0.12mg (1.19%)