



Spirited Ginger Baked Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 knob ginger fresh small to medium peeled very thin cut in slices (depending how keen you are on ginger)
- ☐ 6 pears with an apple corer cored ripe
- ☐ 2 tbsp pecan nuts (or pine nuts if you are allergic to pecans)
- ☐ 2 tbsp raisins
- ☐ 0.5 cup approx ginger wine

Equipment

- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 180D/350F/Gas Mark 4.Arrange the cored pears in an ovenproof baking dish.Insert the ginger slithers mixed with the pecan, or pine nuts and raisins if using, down the central hole, sprinkling any extra around the pears.
- ☐ Pour around the ginger wine – it should be about 2cm deep – then cover the pears with aluminium foil and bake for 30–40 minutes depending on how ripe the pears were.
- ☐ Serve whole or halved, as in the picture, with the extra juice and any spare nuts or fruit.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:8.85, Inflammation Score:-3, Nutrition Score:4.2017390637294%

Flavonoids

Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 13.73mg, Epicatechin: 13.73mg, Epicatechin: 13.73mg, Epicatechin: 13.73mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 149.21kcal (7.46%), Fat: 2.74g (4.21%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 25.05g (9.11%), Sugar: 19.22g (21.36%), Cholesterol: 0mg (0%), Sodium: 4.24mg (0.18%), Alcohol: 2.08g (100%), Alcohol %: 1.25% (100%), Protein: 0.92g (1.84%), Fiber: 5.03g (20.13%), Manganese: 0.25mg (12.61%), Vitamin C: 8.69mg (10.53%), Potassium: 270.15mg (7.72%), Copper: 0.11mg (5.3%), Vitamin B6: 0.1mg (5.1%), Magnesium: 16.91mg (4.23%), Vitamin B1: 0.06mg (3.97%), Vitamin K: 4.12µg (3.92%), Vitamin B2: 0.07mg (3.85%), Phosphorus: 37.06mg (3.71%), Iron: 0.51mg (2.82%), Vitamin E: 0.37mg (2.5%), Vitamin A: 100.15IU (2%), Zinc: 0.26mg (1.73%), Folate: 6.56µg (1.64%), Calcium: 16.28mg (1.63%), Vitamin B5: 0.15mg (1.5%), Vitamin B3: 0.29mg (1.47%)