



Stilton-Stuffed Baked Pears



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 3.8 pounds bartlett pears peeled
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 tablespoon port
- ☐ 2 ounces stilton cheese crumbled

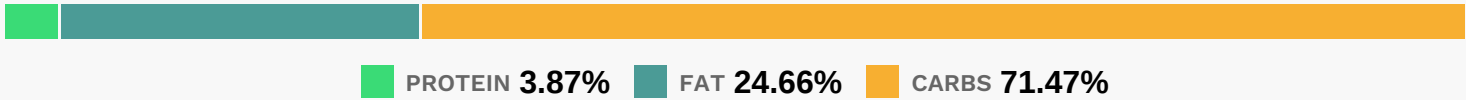
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ melon baller

Directions

- ☐ Preheat oven to 37
- ☐ Combine sugar and butter in a small bowl, and stir until well blended.
- ☐ Add cheese, cranberries, and pecans; stir well.
- ☐ Cut 1 inch off stem end of each pear; reserve top.
- ☐ Remove core from stem end, and scoop out about 2 tablespoons pulp from each pear half to form a cup, using a melon baller or spoon. If necessary, cut about 1/4 inch from base of pears so they will sit flat.
- ☐ Place the pears in a 13 x 9-inch baking dish. Fill each pear with about 2 tablespoons sugar mixture, and replace top on each.
- ☐ Combine juice and port in a small bowl; pour into baking dish.
- ☐ Bake pears at 375 for 30 minutes or until tender.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.09, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:6.0786956490382%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 1.78mg, Malvidin: 1.78mg, Malvidin: 1.78mg, Malvidin: 1.78mg Peonidin: 0.07mg, Peonidin: 0.07mg,

Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg
Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg
Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3–gallate:
0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate:
0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.25mg,
Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 7.72g (11.87%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 50.31g (16.77%),
Net Carbohydrates: 43.18g (15.7%), Sugar: 37.75g (41.95%), Cholesterol: 12.84mg (4.28%), Sodium: 110.65mg
(4.81%), Alcohol: 0.29g (100%), Alcohol %: 0.14% (100%), Protein: 2.72g (5.44%), Fiber: 7.13g (28.54%), Manganese:
0.26mg (12.97%), Vitamin C: 9.47mg (11.48%), Copper: 0.22mg (11.01%), Vitamin K: 8.9µg (8.48%), Potassium:
277.39mg (7.93%), Calcium: 72.31mg (7.23%), Phosphorus: 62.66mg (6.27%), Vitamin B2: 0.09mg (5.33%),
Magnesium: 20.52mg (5.13%), Vitamin B6: 0.08mg (4.14%), Folate: 16.3µg (4.08%), Vitamin A: 203.06IU (4.06%),
Iron: 0.64mg (3.55%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.51%), Vitamin E: 0.48mg (3.21%), Vitamin B5:
0.28mg (2.76%), Vitamin B3: 0.51mg (2.54%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.09µg (1.54%)