

# Sweet Potato Pear Bake

 **Gluten Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**234 kcal**

**SIDE DISH**

## Ingredients

- 3 tablespoons brown sugar
- 4 tablespoons butter divided melted
- 0.3 teaspoon nutmeg
- 2 tablespoons honey
- 1 tablespoon orange zest grated
- 15 ounces pears canned
- 0.3 teaspoon salt
- 3 cups sweet potatoes and into cold mashed

6 tablespoons roasted cranberry sauce

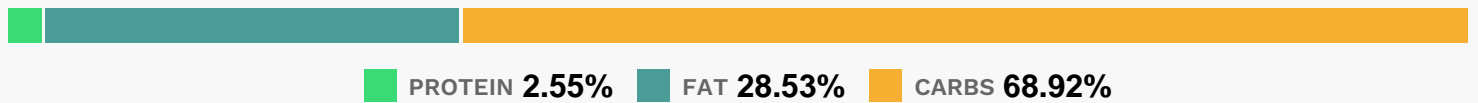
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Drain pears, reserving 2 tablespoons juice (discard remaining juice or save for another use). In a bowl, combine the sweet potatoes, 3 tablespoons butter, brown sugar, salt, nutmeg and reserved pear juice. beat until combined. Spoon into a greased shallow 1-1/2-qt. baking dish. Arrange pear halves onto top, cut side up.
- In a small saucepan, combine the honey, orange peel and remaining butter. Cook until heated through.
- Drizzle half over pears.
- Bake, uncovered, at 350° for 30 minutes.
- Drizzle with the remaining honey mixture. bake 15 minutes longer. Fill pear halves with cranberry sauce.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:12.78, Inflammation Score:-10, Nutrition Score:9.2717390734216%

## Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:

0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## **Nutrients (% of daily need)**

Calories: 233.85kcal (11.69%), Fat: 7.76g (11.93%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 37.67g (13.7%), Sugar: 26.06g (28.95%), Cholesterol: 20.07mg (6.69%), Sodium: 196.95mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin A: 9695.9IU (193.92%), Fiber: 4.49g (17.98%), Manganese: 0.23mg (11.33%), Potassium: 326.81mg (9.34%), Copper: 0.17mg (8.48%), Vitamin B6: 0.17mg (8.4%), Vitamin C: 6.19mg (7.5%), Vitamin B5: 0.59mg (5.95%), Magnesium: 23.13mg (5.78%), Vitamin K: 5.18µg (4.93%), Phosphorus: 43.51mg (4.35%), Vitamin B1: 0.06mg (4.31%), Vitamin E: 0.62mg (4.11%), Vitamin B2: 0.07mg (4.05%), Iron: 0.68mg (3.78%), Calcium: 36.24mg (3.62%), Folate: 13.27µg (3.32%), Vitamin B3: 0.53mg (2.64%), Zinc: 0.31mg (2.03%), Selenium: 0.76µg (1.09%)