



Warm Ginger-Pear Topping



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 4 anjou pears peeled coarsely chopped
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon juice of lemon

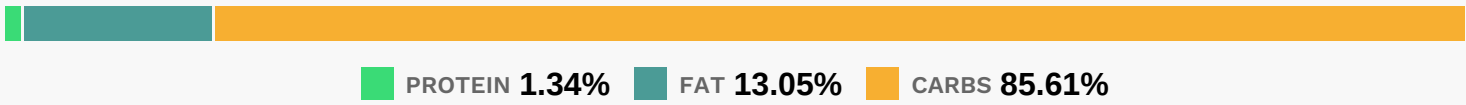
Equipment

☐ frying pan

Directions

- ☐ Stir together sugar and cornstarch in a medium skillet.
- ☐ Add pears and next 3 ingredients, and bring to a boil over medium-high heat, stirring constantly. Boil 1 minute; reduce heat to medium-low, and simmer, stirring often, 8 to 12 minutes or until pears are tender. Stir in butter.
- ☐ Warm Cinnamon-Apple Topping: Substitute 4 peeled and coarsely chopped Granny Smith apples for pears, 1/2 tsp. ground cinnamon and 1/4 tsp. ground nutmeg for ground ginger, and 1/2 tsp. vanilla extract for 1/4 tsp. almond extract. Proceed with recipe as directed.
- ☐ Warm Two-Berry Topping: Substitute granulated sugar for brown sugar, 1 1/2 cups each of frozen cranberries and frozen blueberries for pears, and 1/2 tsp. vanilla extract for 1/4 tsp. almond extract. Omit ginger and cornstarch. Proceed with recipe as directed, simmering berries 7 minutes or until thickened. Makes 4 to 6 servings. Prep: 15 min., Cook: 8 min.

Nutrition Facts



Properties

Glycemic Index:14.46, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:2.7682608835723%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epigallocatechin: 0.7mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 133.21kcal (6.66%), Fat: 2.07g (3.18%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 26.8g (9.74%), Sugar: 23.46g (26.07%), Cholesterol: 5.02mg (1.67%), Sodium: 19.71mg (0.86%),

Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 0.48g (0.96%), Fiber: 3.71g (14.83%), Vitamin C: 5.27mg (6.38%), Manganese: 0.12mg (6.04%), Copper: 0.1mg (5.21%), Vitamin K: 5.39µg (5.13%), Potassium: 157.35mg (4.5%), Magnesium: 9.86mg (2.47%), Calcium: 21.62mg (2.16%), Folate: 8.6µg (2.15%), Vitamin B6: 0.04mg (2.04%), Vitamin B2: 0.03mg (1.89%), Iron: 0.34mg (1.87%), Vitamin A: 88.05IU (1.76%), Phosphorus: 15.66mg (1.57%), Vitamin E: 0.2mg (1.31%), Vitamin B3: 0.22mg (1.11%)