

LESSON 5: READING FOOD LABELS

Saucy Spiced Pears

INGREDIENTS

- ½ cup orange juice
- 2 tablespoons butter, unsalted
- 2 tablespoons granulated sugar
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon Kosher salt
- ⅛ teaspoon ground allspice
- ⅛ teaspoon cayenne pepper, optional
- 3 large Bosc pears (about 1¾ pounds), cored, peeled and sliced
- Thinly sliced fresh mint leaves, optional



Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	273.2 kcal	14 %
Total Fat	8 g	12 %
Saturated Fat	4.8 g	24 %
Trans Fat	0.3 g	
Cholesterol	20.3 mg	7 %
Sodium	50.8 mg	2 %
Total Carbohydrate	49 g	16 %
Dietary Fiber	7.1 g	28 %
Sugars	34.5 g	
Protein	1.2 g	2 %
Vitamin A	5 %	Vitamin C 47 %
Calcium	3 %	Iron 3 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 In a large skillet, combine juices, butter, sugar, and spices, and if desired, cayenne. Cook over medium-high heat until butter is melted, 1–2 minutes, stirring occasionally.
- 2 Add pear slices; bring to a boil. Reduce heat to medium; cook, uncovered, until sauce is slightly thickened and pears are crisp-tender, 3-4 minutes, stirring occasionally. Cool slightly. If desired, top with mint.

Recipe from tasteofhome.com