



825027 - Baked Pears

Source: K12 Culinary
 Number of Portions: 29
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains:
 Fruit: 0.5 cup
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051384 PEARS, CANNED, BARTLETT, SLICED, EXTRA L...	2 #10 can, drained	Spray 12 inch X 20 inch X 2 inch deep full size steam table pan with pan release. Open and drain juice from pears using colander or perforated pan. Place 2 cans of drained pears into the pan.
826505 Margarine, TransFat Free, Ventura 16936.....	4 ozs	Weigh and melt margarine (may use microwave); pour ½ cup over pears and toss to combine.
019334 SUGARS,BROWN..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND..... 002021 GINGER,GROUND.....	1/2 CUP (packed) 1/2 cup 1 Tbsp + 1 tsp 2 tsp	Combine ½ c. sugar, ½ c. packed brown sugar, 1 Tbsp. plus 1 tsp cinnamon. and 2 tsp. ginger in mixing bowl. Sprinkle seasoned sugar mixture over pears and toss to combine.
		Bake for 30 minutes at 350°F or until internal temperature reaches 135 degrees F. Cover and hold for service. Serve 1/2 cup using no. 8 disher or 4 oz. spoodle. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	112 kcal	Cholesterol	0 mg	Sugars	*7.2* g	Calcium	14.43 mg	25.80%	Calories from Total Fat
Total Fat	3.20 g	Sodium	34 mg	Protein	0.39 g	Iron	0.33 mg	11.30%	Calories from Saturated Fat
Saturated Fat	1.40 g	Carbohydrates	21.78 g	Vitamin A	140.7 IU	Water ¹	*0.10* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.08 g	Vitamin C	2.1 mg	Ash ¹	*0.04* g	78.06%	Calories from Carbohydrates
								1.40%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.