



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051483 Pears, Sliced, Extra Light Syrup, Canned.....	2 #10 can, drained	Spray a 2 inch deep full size steam table pan with food 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 cup sugar, ½ cup 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° 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	113 kcal	Cholesterol	0 mg	Sugars	18.4 g	Calcium	6.92 mg	24.45%	Calories from Total Fat
Total Fat	3.08 g	Sodium	37 mg	Protein	0.03 g	Iron	0.08 mg	11.11%	Calories from Saturated Fat
Saturated Fat	1.40 g	Carbohydrates	21.66 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	1.1 mg	Ash ¹	*0.04* g	76.36%	Calories from Carbohydrates
								0.11%	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.