

Pear in Orange Sauce

Makes: 4 servings

Ingredients

4 pear (small)

3/4 cup orange juice (100%)

4 teaspoons sugar

Directions

1. Peel the pears and steam in a double boiler for 15 minutes.
2. Mix sugar and orange juice and cook over low flame for 5 minutes. Cool for 5 minutes.
3. Place steamed pears on individual plates. Pour $\frac{1}{4}$ juice mixture over each and serve.

Source: US Department of Health and Human Services National Iron Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos lat

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	30 g
Dietary Fiber	4 g
Total Sugars	22 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	