

Holiday Spiced Pears

Portions: 4

Food Groups	Amount Per Portion
Grains	0 ounce(s)
Whole Grains	0 ounce(s)
Refined Grains	0 ounce(s)
Vegetables	0 cup(s)
Dark Green	0 cup(s)
Red & Orange	0 cup(s)
Beans & Peas	0 cup(s)
Starchy	0 cup(s)
Other	0 cup(s)
Fruits	½ cup(s)
Fruit Juice	0 cup(s)
Whole Fruit	½ cup(s)
Dairy	0 cup(s)
Milk & Yogurt	0 cup(s)
Cheese	0 cup(s)
Protein Foods	½ ounce(s)
Seafood	0 ounce(s)
Meat, Poultry & Eggs	0 ounce(s)
Nuts, Seeds & Soy	½ ounce(s)
Oils	1 teaspoon
Limits	Amount Per Portion
Total Calories	119 Calories
Added Sugars	16 Calories
Saturated Fat	4 Calories
Alcohol	8 Calories
Nutrients	Amount Per Portion
Protein	1 g
Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	14 g
Added Sugars	4 g
Total Fat	4 g
Saturated Fat	0 g
Monounsaturated Fat	1 g
Polyunsaturated Fat	3 g

SuperTracker Recipe Analysis

Linoleic Acid	2 g
α-Linolenic Acid	0.6 g
Omega 3 - EPA	0 mg
Omega 3 - DHA	0 mg
Cholesterol	0 mg
Minerals	Amount Per Portion
Calcium	19 mg
Potassium	144 mg
Sodium	2 mg
Copper	175 µg
Iron	0 mg
Magnesium	17 mg
Phosphorus	33 mg
Selenium	1 µg
Zinc	0 mg
Vitamins	Amount Per Portion
Vitamin A	1 µg RAE
Vitamin B6	0.1 mg
Vitamin B12	0.0 µg
Vitamin C	4 mg
Vitamin D	0 µg
Vitamin E	0 mg AT
Vitamin K	4 µg
Folate	12 µg DFE
Thiamin	0.0 mg
Riboflavin	0.0 mg
Niacin	0 mg
Choline	7 mg
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