

PEAR



Fresh Fruit & Vegetable Program

Nutrition Facts

Serving Size 1 medium (166g)

		% Daily Value
Calories	100	
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	26g	9%
	Dietary Fiber 6g	24%

Protein 1g

Health Benefits

- High in fiber and water to promote a feeling of fullness and a healthy digestive tract.
- Naturally sodium free— heart healthy!
- Good source of vitamin C promotes healing of cuts, wounds, and bruises.

DIFFERENT USES

- Bake, broil or grill.
- Spread peanut butter in celery and top with chunks of pear.
- Create a grilled cheese and place thin slices of pear in the middle squished between the warm cheese.
- Grate pear and add to your favorite baked item like muffins.
- Replace apples with pears in recipes for a refreshing taste.

FUN FACT

- Pears rank second to the apple as the most popular fruit eaten in the United States.
- There are more than 3,000 varieties of pears worldwide. Some varieties can be grown in Minnesota.
- Bartlett pears are shaped like a bell and turn from green to yellow when ripe.
- The best way to judge ripeness is to "check the neck." Apply gentle thumb pressure to the neck end of the pear. When it is soft, it is ready to eat.