

# Pears



## About Pears

- Towns with an abundance of pear trees often included the word Perry in the name of the town.
- They were given the nickname “butter fruit” in the 1700’s because of their soft, buttery texture.
- The Bartlett is the most popular variety of pear in the United States.

## Selecting and Storing

- Keep unripe pears at room temperature; refrigerate once ripened. If you store pears in the freezer, they can last up to almost a year.
- If you can the pears and store them in your pantry, they can remain fresh for 1-2 years.

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# Mashed Sweet Potatoes & Pears

Makes: 12 servings (1/2 cup)

## Ingredients

2 cans low-sodium sweet potatoes, drained and chopped (about 15 ounces each)  
1 can pears, drained (about 15 ounces)  
1/3 cup brown sugar, packed (or 1/3 cup regular sugar)  
1/4 cup margarine (softened)  
1/4 teaspoon cinnamon

## Instructions

1. Place sweet potatoes in a large mixing bowl. Add pears, sugar, margarine, and cinnamon and mix until combined. Mash completely using a fork.
2. Place in a microwave-safe dish with lid and heat on high for about 4 minutes, stir.
3. Heat on high for another 1 to 3 minutes or until heated evenly.

Source: [whatscooking.fns.usda.gov/recipes/food-distribution-fdd/](https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/)

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 13g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 185mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Analyzed using EHSA Food Processor; version 11.4

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