

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Yellow Pear

Pears are delicious fruits with thin, edible skin and a small core. Pears have a distinct flavor that ranges from sweet to spicy with a particularly crisp and buttery texture. They are typically grown in the summer months.



How to Select and Store:

Fresh - Selection

FIRM FLESH **UNIFORM COLOR** **SMOOTH SKIN**

Select pears that are firm to the touch with a slight give towards the stem. Pears should be consistent in color and are best with limited blemishes or soft spots.

If pears are too hard when chosen, you may store them in a paper bag to assist the ripening process. The skin and rind are considered edible as well.

Fresh - Storage



REFRIGERATOR CRISPER AT 45-55 DEGREES F.

Pears can be stored in the refrigerator in the crisper in a perforated plastic bag or paper bag. Unripe pears will maintain quality for up to two months in cold storage (40 degrees or colder) and up to 5 days in the refrigerator.

Ripe pears, if consumed immediately, can be stored at room temperature.

Nutrition Facts	
Serving Size 1 medium pear (166g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugar 16g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Tips for Preparing and Cooking:

Preparation

Consume pears in their entirety after being thoroughly washed and patted dry. The skin is edible and mild, and the core can be discarded. Pears may be sliced or diced prior to preparation.

Try yellow pears...

Raw

Try pears sliced or diced as a sweet and crunchy addition to salads. When julienned, pears add a unique addition to tangy slaws.

Grilled

Test out pears hot off the grill for a sweet treat. Cut pear in half lengthwise, remove the core, brush with butter and sugar and enjoy!

Poached

Enhance the sweet flavor of pears by slowly poaching them. Be sure to leave the stem and core in tact and peel the skin prior to poaching!