



## Almond Chocolate Poached Pears

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



619 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup california almonds sliced
- 6 bartlett pears peeled
- 1 bay leaf
- 0.5 teaspoon peppercorns black
- 8 ounces premium chocolate dark
- 750 milliliter cooking wine dry white
- 0.5 cup honey
- 1 optional: lemon

- 1 cranberry–orange relish
- 4 cardamom seeds
- 2 star anise
- 8 cups water

## Equipment

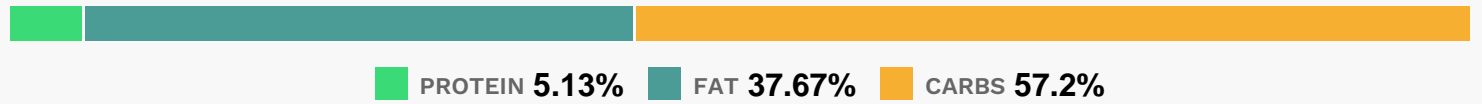
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- pot
- double boiler

## Directions

- Preheat oven to 400 degrees F. Juice the lemon and orange. Put juice, wine, water, honey, black peppercorns, cloves, cardamom, star anise and bay leaf in a wide saucepan. Gently place the peeled pears into the liquid.
- Make a circle of parchment paper that is 1/2-inch larger than the pot, and cover surface completely with the parchment paper. Be sure the pears are fully submerged, but not touching the bottom of the pot. Bring the poaching liquid and pears to a boil and then reduce the heat to just below a simmer.
- While the pears are poaching, roast almonds in oven until golden brown, approximately 10 minutes.
- Cook the pears until fork-tender. Gently transfer pears into a glass or ceramic bowl.
- Pour enough poaching liquid over pears to just cover. Cover and refrigerate until cool, preferably overnight.
- Strain remaining poaching liquid and return to saucepan. Cook over high heat until a syrupy consistency is achieved or the syrup coats the back of a spoon. Chill until the pears are served.

- In a double boiler, melt chocolate until smooth. Dip each cooled pear into the melted chocolate and then roll in sliced almonds.
- Place on a parchment-lined baking sheet and refrigerate until chocolate is set, approximately 30 minutes. Lightly drizzle with reduced poaching liquid and serve at room temperature.

## Nutrition Facts



### Properties

Glycemic Index:41.05, Glycemic Load:25.7, Inflammation Score:-8, Nutrition Score:18.816086758738%

### Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Eriodictyol: 3.87mg, Eriodictyol: 3.87mg, Eriodictyol: 3.87mg, Eriodictyol: 3.87mg Hesperetin: 11.48mg, Hesperetin: 11.48mg, Hesperetin: 11.48mg, Hesperetin: 11.48mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

### Nutrients (% of daily need)

Calories: 618.61kcal (30.93%), Fat: 22.82g (35.1%), Saturated Fat: 9.77g (61.06%), Carbohydrates: 77.94g (25.98%), Net Carbohydrates: 65.53g (23.83%), Sugar: 53.75g (59.72%), Cholesterol: 1.13mg (0.38%), Sodium: 33.19mg (1.44%), Alcohol: 13.06g (100%), Alcohol %: 2.24% (100%), Caffeine: 30.24mg (10.08%), Protein: 6.99g (13.99%), Manganese: 1.31mg (65.6%), Copper: 1.02mg (50.96%), Fiber: 12.42g (49.69%), Magnesium: 150.27mg (37.57%), Vitamin C: 29.21mg (35.4%), Iron: 6.04mg (33.53%), Vitamin E: 3.56mg (23.72%), Phosphorus: 225.28mg (22.53%), Potassium: 716.24mg (20.46%), Vitamin B2: 0.26mg (15.02%), Zinc: 2.06mg (13.73%), Calcium: 115.57mg (11.56%), Vitamin K: 10.63µg (10.12%), Vitamin B6: 0.18mg (8.91%), Vitamin B3: 1.39mg (6.94%), Folate: 26.41µg (6.6%), Vitamin B1: 0.09mg (6.18%), Selenium: 3.81µg (5.44%), Vitamin B5: 0.46mg (4.61%), Vitamin A: 121.86IU (2.44%), Vitamin B12: 0.11µg (1.76%)