



Anise Pear-Cranberry Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

SAUCE

Ingredients

- 2 bosc pears (1 lb. total)
- 1 cinnamon sticks (3 in. long)
- 12 oz cranberries fresh
- 0.5 cup honey
- 8 oz cranberry-orange relish
- 1 star anise or
- 0.8 cup sugar

Equipment

- bowl
- frying pan

Directions

- Rinse, peel, and core pears; cut into about 1/2-inch cubes. Grate enough peel (orange part only) from orange to make 1 1/2 teaspoons. Ream juice from orange; measure, and add enough water to make 1/2 cup.
- In a 3- to 4-quart pan over high heat, stir orange juice mixture, grated peel, sugar, star anise, and cinnamon stick until sugar is dissolved, 1 to 2 minutes. Stir in honey and pears and bring to a boil; reduce heat to medium and stir occasionally until edges of pears are barely tender to bite, about 3 minutes.
- Stir in cranberries. Cook, stirring occasionally, until cranberries begin to pop and pears are tender when pierced, 6 to 8 minutes.
- Let cool.
- Pour into a bowl.
- Serve cool or cold.

Nutrition Facts

PROTEIN 1.37% **FAT 1.01%** **CARBS 97.62%**

Properties

Glycemic Index:64.15, Glycemic Load:53.84, Inflammation Score:-5, Nutrition Score:8.8404348518537%

Flavonoids

Cyanidin: 41.32mg, Cyanidin: 41.32mg, Cyanidin: 41.32mg, Cyanidin: 41.32mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Hesperetin: 15.45mg, Hesperetin: 15.45mg, Hesperetin: 15.45mg, Hesperetin: 15.45mg Naringenin: 8.69mg, Naringenin: 8.69mg, Naringenin: 8.69mg, Naringenin: 8.69mg Luteolin: 0.11mg,

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 5.72mg, Myricetin: 5.72mg, Myricetin: 5.72mg, Myricetin: 5.72mg Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg

Nutrients (% of daily need)

Calories: 392.7kcal (19.63%), Fat: 0.47g (0.73%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 103.52g (34.51%), Net Carbohydrates: 95.75g (34.82%), Sugar: 89.84g (99.83%), Cholesterol: 0mg (0%), Sodium: 4.79mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 46.2mg (55.99%), Fiber: 7.77g (31.07%), Manganese: 0.56mg (27.85%), Vitamin E: 1.35mg (9.01%), Potassium: 304.06mg (8.69%), Copper: 0.17mg (8.46%), Vitamin K: 8.44µg (8.04%), Folate: 25.02µg (6.25%), Vitamin B6: 0.12mg (6.07%), Vitamin B2: 0.09mg (5.13%), Calcium: 50.79mg (5.08%), Vitamin B1: 0.07mg (4.75%), Vitamin B5: 0.47mg (4.7%), Magnesium: 18.8mg (4.7%), Iron: 0.77mg (4.3%), Vitamin A: 204.21IU (4.08%), Phosphorus: 31.33mg (3.13%), Vitamin B3: 0.46mg (2.3%), Zinc: 0.33mg (2.21%), Selenium: 1.06µg (1.52%)