

Asian Pears with Vanilla-Poached Kumquats

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- 0.5 lb kumquats ends trimmed seeded sliced
- 3 tablespoons juice of lime fresh
- 3 lb pears cored peeled sliced lengthwise (4 large)
- 0.5 cup sugar
- 0.5 vanilla pod halved lengthwise
- 0.5 cup water

Equipment

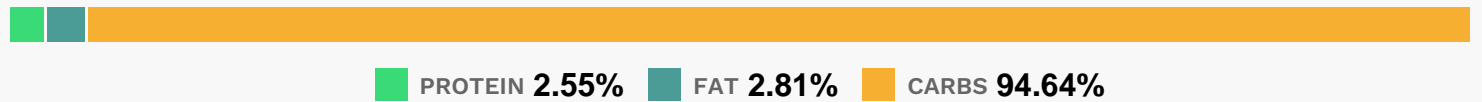
- bowl

sauce pan

Directions

- Scrape seeds from vanilla bean into water with lime juice in a small heavy saucepan, then add pod, sugar, and a pinch of salt. Bring to a boil, stirring until sugar is dissolved, then simmer 3 minutes.
- Add kumquats and simmer, covered, until they just begin to soften, 3 to 4 minutes.
- Put pears in a heatproof bowl.
- Pour kumquats and syrup over pears and toss gently, then cool.
- Chill fruit, covered, at least 2 hours.
- Fruit can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:21.72, Inflammation Score:-5, Nutrition Score:7.0099999995335%

Flavonoids

Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 21.72mg, Naringenin: 21.72mg, Naringenin: 21.72mg, Naringenin: 21.72mg Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 223.13kcal (11.16%), Fat: 0.76g (1.17%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 57.82g (19.27%), Net Carbohydrates: 48.3g (17.56%), Sugar: 42.41g (47.12%), Cholesterol: 0mg (0%), Sodium: 7.35mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Fiber: 9.52g (38.07%), Vitamin C: 28.6mg (34.66%), Copper: 0.23mg (11.41%), Potassium: 342.5mg (9.79%), Vitamin K: 10.02µg (9.55%), Manganese: 0.16mg (8.1%), Magnesium: 24.23mg (6.06%), Folate: 23.05µg (5.76%), Vitamin B2: 0.1mg (5.72%), Calcium: 45.66mg (4.57%), Iron:

0.75mg (4.16%), Vitamin B6: 0.08mg (4.11%), Phosphorus: 35.45mg (3.54%), Vitamin A: 170.07IU (3.4%), Vitamin B1: 0.04mg (2.87%), Vitamin B3: 0.54mg (2.69%), Vitamin E: 0.35mg (2.3%), Zinc: 0.3mg (2%), Vitamin B5: 0.2mg (1.99%)