



Bosc Pears in Rosé Wine with Persimmon Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 medium bosc pear firm cored ripe peeled halved
- 1 tablespoon butter
- 1.3 cups wine
- 0.3 cup honey
- 6 thyme sprigs fresh

Equipment

- frying pan

Directions

- Melt butter in heavy large skillet over medium–high heat.
- Add pears, outside down. Tuck thyme sprigs around pears. Cook until cut sides are brown (do not turn pears over), about 3 minutes.
- Transfer pears to plate.
- Add rosé wine and wildflower honey to same skillet and boil until mixture is reduced to about 1 cup, scraping up any browned bits, about 4 minutes. Reduce heat to medium–low and add pears, cut side up. Spoon some of juices in skillet over pears, cover skillet, and simmer until pears are tender, about 10 minutes. **DO AHEAD:** Pears can be made 4 hours ahead. Uncover and let stand at room temperature. Rewarm pears before continuing, if desired.
- Place 1 warm or room–temperature pear half, cut side up, on each of 6 plates.
- Drizzle pears with sauce from skillet. Spoon scoop of Persimmon Ice Cream alongside pears and serve.

Nutrition Facts

  **PROTEIN 1.49%**  **FAT 14.37%**  **CARBS 84.14%**

Properties

Glycemic Index: 30.67, Glycemic Load: 10.07, Inflammation Score: -8, Nutrition Score: 2.2969565057884%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Catechin: 4.35mg, Catechin: 4.35mg, Catechin: 4.35mg, Catechin: 4.35mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 155.68kcal (7.78%), Fat: 2.03g (3.13%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 23.87g (8.68%), Sugar: 20.28g (22.53%), Cholesterol: 5.02mg (1.67%), Sodium: 16.55mg (0.72%), Alcohol: 5.6g (100%), Alcohol %: 4.44% (100%), Protein: 0.48g (0.95%), Fiber: 2.93g (11.71%), Vitamin C: 5.5mg (6.66%), Copper: 0.08mg (4.18%), Vitamin K: 4.08µg (3.89%), Manganese: 0.07mg (3.56%), Potassium: 117.24mg (3.35%), Vitamin A: 128.07IU (2.56%), Iron: 0.39mg (2.19%), Magnesium: 8.16mg (2.04%), Vitamin B2: 0.03mg (2%), Folate: 7.03µg (1.76%), Vitamin B6: 0.03mg (1.64%), Calcium: 13.47mg (1.35%), Phosphorus: 12.86mg (1.29%), Vitamin E: 0.16mg (1.07%)