



Braised Pears with a Soy-Ginger Glaze

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 4 bosc pear firm cored ripe peeled halved lengthwise
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons soya sauce
- ☐ 4 tablespoons butter unsalted melted ()
- ☐ 2 tablespoons rice vinegar

Equipment

- ☐ frying pan
- ☐ knife
- ☐ microwave

Directions

- ☐ In a 10-inch saute pan over medium heat, melt the butter.
- ☐ Add the soy sauce, ginger, sugar, and cayenne pepper. Stir until the sugar is melted and the ingredients are well combined and then reduce the heat to medium-low.
- ☐ Add the pears, cut side down, and simmer, basting frequently, until the pears are tender when pierced with a knife, about 8 to 10 minutes.
- ☐ Transfer the pears to a microwave-safe serving dish.
- ☐ Bring the liquid in the pan back to a slow boil and add the vinegar. Simmer the sauce until it is thick and syrupy, about 3 minutes.
- ☐ Pour the sauce over the pears and serve immediately or set aside until ready to serve. If needed, reheat in the microwave just before serving.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:5.4569565537183%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 317.68kcal (15.88%), Fat: 11.65g (17.93%), Saturated Fat: 7.24g (45.25%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 49.48g (17.99%), Sugar: 44.31g (49.24%), Cholesterol: 30.1mg (10.03%), Sodium: 765.55mg

(33.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Fiber: 5.7g (22.78%), Vitamin C: 7.84mg (9.5%), Copper: 0.18mg (9.21%), Manganese: 0.18mg (9.09%), Vitamin A: 446.37IU (8.93%), Vitamin K: 8.91µg (8.49%), Potassium: 284.98mg (8.14%), Magnesium: 21.64mg (5.41%), Vitamin B6: 0.1mg (4.81%), Iron: 0.86mg (4.79%), Calcium: 45.85mg (4.59%), Phosphorus: 44.65mg (4.47%), Vitamin B3: 0.88mg (4.4%), Vitamin B2: 0.07mg (4.31%), Folate: 15.91µg (3.98%), Vitamin E: 0.58mg (3.87%), Vitamin B1: 0.03mg (2.06%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.27mg (1.78%), Vitamin D: 0.21µg (1.4%), Selenium: 0.82µg (1.17%)