



Caramel Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bosc pears 1-inch-thick cored peeled cut into wedges
- ☐ 3 tablespoons brown sugar
- ☐ 1 Dash ground cloves
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons rum white

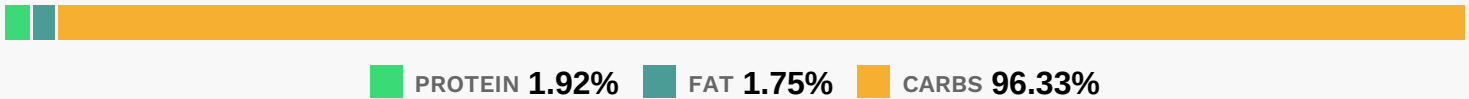
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the first 4 ingredients in a medium saucepan, and bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Add pears, and cook until tender (about 10 minutes).
- ☐ Pour the rum into saucepan; cook 1 minute. Divide pears and sauce between 2 dishes.
- ☐ Garnish pears with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:10.11, Inflammation Score:-4, Nutrition Score:6.4956521547359%

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 Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 224.79kcal (11.24%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 43.6g (15.86%), Sugar: 38.3g (42.56%), Cholesterol: 0mg (0%), Sodium: 8.78mg (0.38%), Alcohol: 5.01g (100%), Alcohol %: 2.51% (100%), Protein: 0.99g (1.97%), Vitamin C: 28.33mg (34.34%), Fiber: 5.84g (23.35%), Manganese: 0.43mg (21.4%), Potassium: 319.03mg (9.12%), Copper: 0.18mg (8.9%), Vitamin K: 8.62µg (8.21%), Folate: 25.17µg (6.29%), Magnesium: 20mg (5%), Vitamin B1: 0.06mg (4.02%), Calcium: 39.92mg (3.99%), Vitamin B6: 0.08mg (3.89%), Vitamin B2: 0.06mg (3.55%), Iron: 0.61mg (3.37%), Phosphorus: 30.31mg (3.03%), Vitamin A: 128.34IU (2.57%), Vitamin B3: 0.48mg (2.42%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.28mg (1.85%), Zinc: 0.22mg (1.49%)