



Caramelized Pears with Spiced Ice Cream

 Vegetarian  Gluten Free

READY IN



71 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds toasted sliced
- 3 bosc pear ripe
- 1 tablespoon butter melted
- 0.3 teaspoon ground allspice
- 2 tablespoons honey
- 1 teaspoon juice of lemon
- 1.5 cups vanilla ice cream softened reduced-fat
- 1 cup pear nectar

- 0.3 cup pear nectar sweet
- 1 tablespoon sugar
- 3 inch vanilla pod split

Equipment

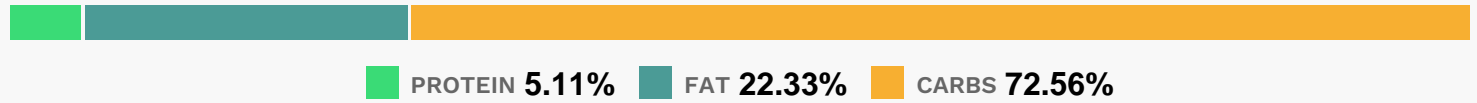
- sauce pan
- oven
- baking pan
- aluminum foil
- broiler

Directions

- Combine ice cream and allspice in a freezer-safe container; stir well. Cover; freeze 2 hours or until firm.
- Preheat oven to 37
- Peel and core pears; cut each pear in half lengthwise, leaving stems intact.
- Place pears, cut sides down, in a 13 x 9-inch baking dish coated with cooking spray.
- Brush pear halves with lemon juice; drizzle with melted butter.
- Place pear nectar in a small saucepan. Scrape seeds from vanilla bean; add seeds and bean to nectar. Stir in honey. Bring to a boil, stirring occasionally.
- Pour boiling mixture over pears. Cover loosely with foil; bake at 375 for 35 minutes, basting frequently with cooking liquid. Uncover; turn pears over. Stir in wine.
- Bake, uncovered, 10 minutes, basting occasionally with cooking liquid.
- Remove pears from oven.
- Preheat broiler.
- While broiler preheats, discard vanilla bean. Turn pears, cut sides down, and sprinkle with sugar. Broil 3 to 5 minutes or until sugar is caramelized (add additional pear nectar, as needed, if liquid boils away).
- Remove pears from oven; let stand 5 minutes.

Place pear halves in each of 6 dessert dishes; drizzle cooking liquid evenly over each pear. Top each pear half with 1/4 cup ice cream, and sprinkle each with 1 teaspoon almonds.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:12.39, Inflammation Score:-3, Nutrition Score:4.9526086993839%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg 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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 218.78kcal (10.94%), Fat: 5.73g (8.81%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 38.25g (13.91%), Sugar: 32.9g (36.56%), Cholesterol: 15.28mg (5.09%), Sodium: 46.5mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Fiber: 3.64g (14.55%), Vitamin B2: 0.17mg (9.93%), Calcium: 82.36mg (8.24%), Copper: 0.15mg (7.6%), Vitamin E: 1.09mg (7.25%), Manganese: 0.14mg (7.23%), Phosphorus: 68.42mg (6.84%), Vitamin C: 5.25mg (6.36%), Potassium: 219.45mg (6.27%), Magnesium: 22.46mg (5.62%), Vitamin A: 251.85IU (5.04%), Vitamin K: 5.17µg (4.92%), Zinc: 0.53mg (3.51%), Vitamin B12: 0.18µg (3.04%), Iron: 0.53mg (2.94%), Vitamin B6: 0.06mg (2.85%), Folate: 10.9µg (2.73%), Vitamin B5: 0.26mg (2.62%), Vitamin B1: 0.04mg (2.61%), Vitamin B3: 0.39mg (1.97%), Selenium: 1.08µg (1.54%)