



Chai-Spiced Bosc Pears with Pound Cake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

Ingredients

- 4 bosc pears cored peeled halved
- 1 tablespoon butter
- 25 cardamom pods crushed
- 9 inch cinnamon sticks
- 0.3 cup mascarpone cheese
- 1 cup pear nectar
- 10.8 ounce round cake frozen low-fat thawed cut into 8 slices (such as Sara Lee)
- 2 cups late-harvest riesling
- 2 tablespoons tea leaves black (such as Darjeeling or Assam)

2 cups water

Equipment

bowl

frying pan

sauce pan

whisk

sieve

slotted spoon

Directions

Combine first 6 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in tea leaves; simmer for 2 minutes.

Drain wine mixture through a fine sieve into a bowl; discard solids.

Return wine mixture to pan; add pear halves, cut sides down. Cover; simmer 15 minutes or until tender.

Remove pears with a slotted spoon; place in a shallow dish. Set pears aside; keep warm.

Bring wine mixture to a boil over medium-high heat; cook until reduced to 1 cup (about 10 minutes).

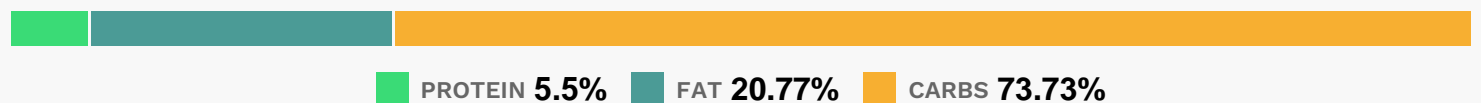
Add mascarpone, stirring with a whisk until well blended.

Remove from heat; add butter, stirring until butter melts.

Place 1 pound cake slice on each of 8 plates, and top each slice with 1 pear half. Spoon about 2 tablespoons sauce over each serving.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:4.1, Inflammation Score:-5, Nutrition Score:10.206956614619%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 294.4kcal (14.72%), Fat: 6.17g (9.5%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 43.8g (15.93%), Sugar: 27.43g (30.48%), Cholesterol: 49.65mg (16.55%), Sodium: 258.9mg (11.26%), Alcohol: 5.7g (100%), Alcohol %: 2.43% (100%), Protein: 3.68g (7.36%), Manganese: 2.09mg (104.33%), Fiber: 5.48g (21.94%), Iron: 2.25mg (12.47%), Vitamin B2: 0.14mg (8.39%), Calcium: 83.49mg (8.35%), Vitamin B1: 0.12mg (7.77%), Copper: 0.16mg (7.76%), Phosphorus: 76.11mg (7.61%), Magnesium: 27.08mg (6.77%), Vitamin C: 5.53mg (6.7%), Potassium: 221.59mg (6.33%), Folate: 24.75µg (6.19%), Zinc: 0.8mg (5.34%), Selenium: 3.61µg (5.15%), Vitamin B3: 1mg (5.02%), Vitamin K: 5.03µg (4.79%), Vitamin A: 226.72IU (4.53%), Vitamin B6: 0.07mg (3.31%), Vitamin B5: 0.24mg (2.39%), Vitamin E: 0.28mg (1.87%), Vitamin B12: 0.09µg (1.57%)