



Champagne-Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



2

CALORIES



722 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 cups champagne
- ☐ 1 of lemon zest
- ☐ 2 large pears firm peeled (such as Bosc) (such as Seckel) (, slightly underripe pears work best)
- ☐ 1 teaspoon rosewater
- ☐ 1 cup sugar
- ☐ 0.5 vanilla pod split

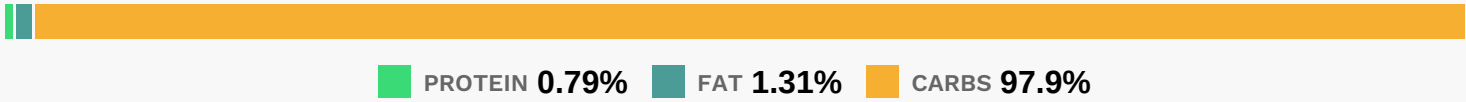
Equipment

- ☐ pot

Directions

- ☐ Combine all the ingredients except the pears in a pot and bring to a simmer.
- ☐ Carefully lower the pears into the liquid (adding up to 1 cup water to make sure the fruit is fully submerged).
- ☐ Simmer until the pears are tender, 15 to 17 minutes for small pears, 25 to 30 minutes for large ones.
- ☐ Cool the pears in the cooking liquid for 30 minutes before serving, or store them in the refrigerator (still in the liquid) for up to a week.

Nutrition Facts



Properties

Glycemic Index:53.42, Glycemic Load:80.04, Inflammation Score:-8, Nutrition Score:7.1243478215259%

Flavonoids

Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 721.64kcal (36.08%), Fat: 0.83g (1.28%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 139.78g (46.59%), Net Carbohydrates: 132.6g (48.22%), Sugar: 127g (141.11%), Cholesterol: 0mg (0%), Sodium: 32.24mg (1.4%), Alcohol: 26.43g (100%), Alcohol %: 4.48% (100%), Protein: 1.12g (2.25%), Fiber: 7.18g (28.73%), Potassium: 633.04mg (18.09%), Magnesium: 57.47mg (14.37%), Vitamin C: 10.53mg (12.77%), Copper: 0.24mg (12.07%), Iron: 2.12mg (11.78%), Vitamin K: 10.12µg (9.64%), Phosphorus: 89.61mg (8.96%), Vitamin B6: 0.15mg (7.51%), Vitamin B2: 0.12mg (7.09%), Calcium: 59.54mg (5.95%), Manganese: 0.11mg (5.72%), Folate: 20.3µg (5.07%), Vitamin B3: 0.79mg (3.93%), Zinc: 0.57mg (3.81%), Selenium: 1.66µg (2.37%), Vitamin B1: 0.03mg (1.86%), Vitamin E: 0.28mg (1.85%), Vitamin A: 57.75IU (1.15%), Vitamin B5: 0.11mg (1.14%)