



Chocolate Pear Pouches

READY IN



65 min.

SERVINGS



2

CALORIES



1091 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 small bosc pears
- 2 cardamom pods
- 2 ounces semisweet chocolate chunks
- 1 cinnamon sticks
- 2 tablespoons cherries dried
- 3 sheets phyllo dough frozen thawed
- 1 cup red wine
- 1 pinch salt
- 0.3 cup sugar plus more for sprinkling

- 1 stick butter unsalted melted
- 0.3 cup walnuts chopped

Equipment

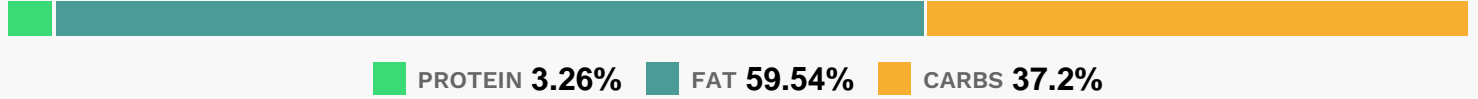
- bowl
- baking sheet
- sauce pan
- oven
- knife
- melon baller

Directions

- Peel the pears and, using a melon baller or paring knife, core from the bottom, leaving the stems intact.
- Combine the wine, 3 cups water, the sugar, dried cherries, cinnamon stick and cardamom in a saucepan. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Reduce the heat to medium low and add the pears (add more water to submerge the pears, if necessary). Poach until tender, about 10 minutes.
- Remove from the heat; let the pears cool in the liquid. (To make a day ahead, transfer the pears and liquid to a container, cover and refrigerate.)
- Preheat the oven to 400 degrees F.
- Mix the chocolate, walnuts, 1 tablespoon melted butter and a pinch each of sugar and salt in a bowl.
- Remove the pears from the liquid and stuff with some of the chocolate mixture. Simmer the poaching liquid over medium-high heat until syrupy, 20 to 25 minutes.
- Lay out 1 sheet of phyllo, brush with melted butter and sprinkle with sugar. Repeat the layering 2 more times.
- Cut the dough in half crosswise. Spoon the remaining chocolate mixture in the center of each piece and top with the pears, stem-side up. Pull up the corners of the phyllo to meet at the pear stem; pinch and twist the excess phyllo.
- Brush with butter and sprinkle with sugar.

- Transfer the pouches to a baking sheet and bake until golden, 20 to 25 minutes.
- Serve with the cherry syrup.
- Photographs by Con Poulos

Nutrition Facts



Properties

Glycemic Index:94.92, Glycemic Load:30.26, Inflammation Score:-9, Nutrition Score:20.287391299787%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.97mg, Catechin: 8.97mg, Catechin: 8.97mg, Catechin: 8.97mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 10.11mg, Epicatechin: 10.11mg, Epicatechin: 10.11mg, Epicatechin: 10.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

Nutrients (% of daily need)

Calories: 1090.96kcal (54.55%), Fat: 68.38g (105.19%), Saturated Fat: 36.64g (228.98%), Carbohydrates: 96.14g (32.05%), Net Carbohydrates: 84.86g (30.86%), Sugar: 58.8g (65.34%), Cholesterol: 123.18mg (41.06%), Sodium: 175.84mg (7.65%), Alcohol: 12.72g (100%), Alcohol %: 3.67% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.42g (16.85%), Manganese: 2.11mg (105.45%), Fiber: 11.28g (45.11%), Vitamin A: 2006.1IU (40.12%), Copper: 0.77mg (38.7%), Magnesium: 108.8mg (27.2%), Iron: 4.64mg (25.79%), Phosphorus: 209.29mg (20.93%), Potassium: 614.39mg (17.55%), Vitamin B1: 0.24mg (16.27%), Selenium: 10.9µg (15.57%), Vitamin B2: 0.24mg (13.94%), Vitamin K: 14.64µg (13.94%), Folate: 52.77µg (13.19%), Zinc: 1.89mg (12.62%), Vitamin E: 1.82mg (12.14%), Calcium: 110.48mg (11.05%), Vitamin B6: 0.22mg (10.86%), Vitamin B3: 2.14mg (10.69%), Vitamin C: 7.04mg (8.53%), Vitamin D: 0.85µg (5.65%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.15µg (2.45%)