



Cinnamon-Poached Pears

 Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients

- 1 tablespoon juice of lemon
- 29 ounce pear halves in syrup light undrained canned
- 0.3 cup cinnamon candies red

Equipment

- bowl
- sauce pan
- slotted spoon

Directions

- Drain pears, reserving syrup; set pears aside.
- Combine syrup, cinnamon candies, and lemon juice in a large saucepan; bring to a boil over medium-high heat. Cook until cinnamon candies dissolve, stirring occasionally.
- Add pears; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- Transfer pears to a medium bowl with a slotted spoon; cover and set aside.
- Bring remaining liquid to a boil; cook over high heat 10 minutes or until liquid is reduced to about 3/4 cup.
- Pour syrup over pears. Cover and chill at least 30 minutes.

Nutrition Facts

 **PROTEIN 1.73%**  **FAT 1.53%**  **CARBS 96.74%**

Properties

Glycemic Index:6.13, Glycemic Load:6.09, Inflammation Score:-1, Nutrition Score:2.7786956721026%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 105.13kcal (5.26%), Fat: 0.2g (0.3%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 23.8g (8.66%), Sugar: 19.6g (21.78%), Cholesterol: 0mg (0%), Sodium: 1.4mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Fiber: 4.26g (17.02%), Vitamin C: 6.86mg (8.31%), Vitamin K: 6.03µg (5.74%), Copper: 0.11mg (5.64%), Potassium: 161.52mg (4.61%), Manganese: 0.07mg (3.3%), Folate: 10.09µg (2.52%), Magnesium: 9.74mg (2.44%), Vitamin B2: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.04%), Phosphorus: 16.64mg (1.66%), Iron: 0.25mg (1.38%), Calcium: 12.48mg (1.25%), Vitamin B1: 0.02mg (1.14%), Vitamin E: 0.17mg

(1.12%), Vitamin B3: 0.22mg (1.11%)