




Classy Poached Pear In Spicy Mango Nectar With Mango Ice Cream


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- 1 pinch cinnamon
- 2 teaspoons pepperoncini pepper juice
- 1 teaspoon juice of lemon
- 0.5 cup mango pulp
- 2 mint leaves
- 1 teaspoon orange zest
- 2 pears

- 1 pinch saffron threads
- 0.5 cup simple syrup glaze

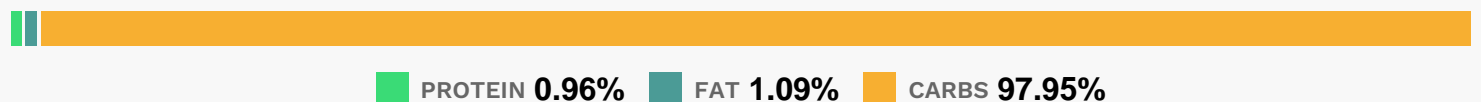
Equipment

- pot

Directions

- Peel the pears and slice a bit of the bottom of the pear, so to let it stand upright. Leave the stem intact to insert a mint sprig later, Gently dab some lemon juice over the pear and keep it aside. In a medium pot make sugar syrup by adding half cup of sugar to one cup of water over medium heat.
- Let it thicken for a while.
- Add mango pulp, fruit juice, orange rind with a dash of cinnamon to the sugar syrup. The mango glaze is ready. Submerge the peeled pears into the syrup and let it cook for 15 to 20 minutes on low heat, till the pears are tender and get the amber hue from the mango syrup. The pears should be completely immersed in the syrup.
- Let the pears cool down. Take out the pears on a plate and garnish with either basil or mint leaf. I did it with mint from my pot.
- Drizzle some syrup over the top of the pear.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:4.08, Inflammation Score:-5, Nutrition Score:4.5521739130435%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg 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: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg

0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Taste

Sweetness: 100%, Saltiness: 1.78%, Sourness: 16.43%, Bitterness: 11.45%, Savoriness: 3.01%, Fattiness: 3.09%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 195.08kcal (9.75%), Fat: 0.26g (0.39%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 48.68g (17.7%), Sugar: 45.98g (51.09%), Cholesterol: 0mg (0%), Sodium: 32.41mg (1.41%), Protein: 0.5g (1.01%), Iron: 5.43mg (30.18%), Vitamin A: 753.9IU (15.08%), Fiber: 3.06g (12.26%), Vitamin C: 9.26mg (11.22%), Vitamin B1: 0.07mg (4.49%), Copper: 0.08mg (4.21%), Potassium: 137.93mg (3.94%), Vitamin K: 3.93µg (3.74%), Manganese: 0.06mg (3.14%), Vitamin B2: 0.05mg (2.99%), Magnesium: 11.22mg (2.8%), Calcium: 19.25mg (1.92%), Folate: 7.21µg (1.8%), Phosphorus: 14.86mg (1.49%), Vitamin B6: 0.03mg (1.43%), Zinc: 0.18mg (1.19%), Vitamin B3: 0.2mg (1.01%)