



Cranberry-Poached Pears



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon 3-inch
- ☐ 2.8 cups cranberries
- ☐ 5 tablespoons honey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 inch lemon zest
- ☐ 4 inch orange zest
- ☐ 8 small pears firm peeled stem-on
- ☐ 3 tablespoons sugar

- ☐ 1 passion fruit tea bag
- ☐ 1 vanilla pod
- ☐ 4 cups water

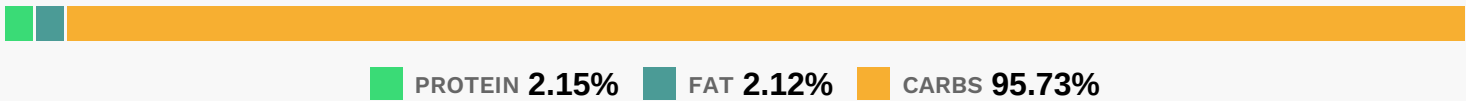
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place pears in snug-fitting saucepan; cover with about 4 cups water.
- ☐ Add honey, sugar, orange and lemon zest, lemon juice, and cinnamon stick.
- ☐ Remove seeds from vanilla bean pod; add seeds, pod, and tea bag to pan. Over medium-high heat, bring to a boil; stir to dissolve sugar. Reduce heat and simmer (15–20 minutes), until pears are tender when pierced.
- ☐ Add cranberries; return mixture to a simmer until cranberries burst (about 3 minutes). Discard tea bag. Carefully place ingredients in a large bowl; cover and refrigerate overnight. Discard zest, pod, and cinnamon stick.
- ☐ Serve 1 pear with cranberries and liquid in a bowl.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:17.08, Inflammation Score:-4, Nutrition Score:5.7247825938722%

Flavonoids

Cyanidin: 19.01mg, Cyanidin: 19.01mg, Cyanidin: 19.01mg, Cyanidin: 19.01mg Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.9mg, Peonidin: 16.9mg, Peonidin: 16.9mg, Peonidin: 16.9mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg Epicatechin 3-gallate:

0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg
Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg,
Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol:
0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg,
Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg,
Kaempferol: 0.04mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin:
6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 172.22kcal (8.61%), Fat: 0.45g (0.69%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 45.48g (15.16%), Net
Carbohydrates: 38.02g (13.82%), Sugar: 32.43g (36.04%), Cholesterol: 0mg (0%), Sodium: 11.79mg (0.51%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Fiber: 7.46g (29.84%), Vitamin C: 18.05mg (21.88%),
Manganese: 0.28mg (14.1%), Copper: 0.18mg (8.88%), Vitamin K: 8.44µg (8.04%), Potassium: 250.32mg (7.15%),
Magnesium: 17.72mg (4.43%), Vitamin E: 0.65mg (4.34%), Vitamin B6: 0.08mg (4.08%), Vitamin A: 200.07IU (4%),
Vitamin B2: 0.07mg (3.97%), Iron: 0.63mg (3.5%), Folate: 13.15µg (3.29%), Phosphorus: 30.04mg (3%), Calcium:
29.89mg (2.99%), Vitamin B3: 0.47mg (2.36%), Vitamin B5: 0.2mg (1.96%), Zinc: 0.25mg (1.64%), Vitamin B1:
0.02mg (1.63%)