



French Orange Poached Pears (Poire Avec Orange)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



3

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 1.5 cups orange juice without pulp
- 3 pears whole cored peeled
- 1 tablespoon vanilla extract
- 0.5 cup walnuts chopped
- 0.3 cup sugar white

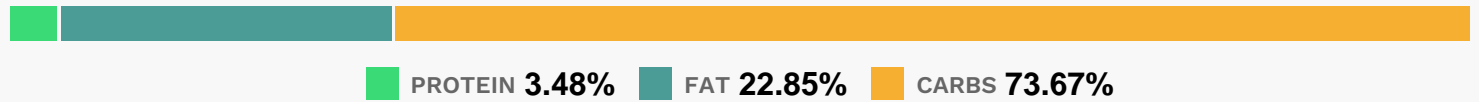
Equipment

- sauce pan

Directions

- In a large saucepan over medium heat, mix together the orange juice, brown and white sugar, vanilla extract, and cinnamon. Bring the mixture to a boil, stirring to dissolve the sugar.
- Place pears into the syrup, and cover; simmer pears for 1 hour and 15 minutes, spooning sauce over pears every 10 minutes, and turning pears over twice during cooking time.
- Transfer pears to individual serving dishes. Continue cooking the syrup, stirring often, until thickened, about 15 more minutes, then mix in the walnuts.
- Pour the sauce over the pears to serve.

Nutrition Facts



Properties

Glycemic Index:61.28, Glycemic Load:26.41, Inflammation Score:-7, Nutrition Score:14.436521592348%

Flavonoids

Cyanidin: 4.2mg, Cyanidin: 4.2mg, Cyanidin: 4.2mg, Cyanidin: 4.2mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 502.42kcal (25.12%), Fat: 13.28g (20.42%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 96.28g (32.09%), Net Carbohydrates: 88.85g (32.31%), Sugar: 81.04g (90.05%), Cholesterol: 0mg (0%), Sodium: 14.3mg (0.62%), Alcohol: 1.49g (100%), Alcohol %: 0.5% (100%), Protein: 4.55g (9.09%), Vitamin C: 69.93mg (84.77%), Manganese: 0.92mg (45.95%), Fiber: 7.43g (29.71%), Copper: 0.53mg (26.72%), Folate: 69.18µg (17.29%), Potassium: 598.86mg

(17.11%), Magnesium: 61.13mg (15.28%), Vitamin B1: 0.2mg (13.34%), Phosphorus: 112.06mg (11.21%), Vitamin B6: 0.22mg (11.16%), Calcium: 86.53mg (8.65%), Vitamin K: 8.69µg (8.28%), Iron: 1.47mg (8.14%), Vitamin B2: 0.12mg (7.08%), Vitamin A: 298.37IU (5.97%), Zinc: 0.87mg (5.81%), Vitamin B3: 1.07mg (5.34%), Vitamin B5: 0.49mg (4.86%), Vitamin E: 0.42mg (2.77%), Selenium: 1.82µg (2.6%)