



# Frozen Yogurt with Poached Rum Raisin Pears

 Vegetarian  Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

430 kcal

DESSERT

## Ingredients

- ☐ 3 large anjou pears cored peeled cut into 8 wedges
- ☐ 0.3 cup rum dark
- ☐ 1 pint vanilla yogurt frozen regular or nonfat
- ☐ 0.5 cup pear juice
- ☐ 0.3 cup raisins
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter unsalted cold

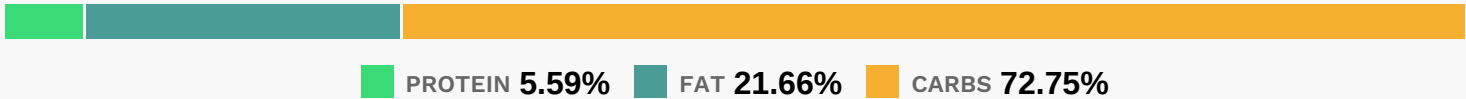
## Equipment

- ☐ frying pan
- ☐ slotted spoon

## Directions

- ☐ Watch how to make this recipe.
- ☐ Combine 1/3 cup rum with pear juice and sugar in a 10-inch heavy skillet and bring to a boil, stirring occasionally. Reduce heat, add the raisins and pears, and simmer, covered, until pears are just tender, about 10 minutes.
- ☐ Remove the lid from the pan and using a slotted spoon, remove the pears to a plate. Boil the poaching liquid, stirring occasionally, until liquid is reduced to a syrup, 5 to 10 minutes. Stir in the butter and the remaining tablespoon rum and return the pears to the pan.
- ☐ Serve over frozen yogurt.

## Nutrition Facts



## Properties

Glycemic Index:45.16, Glycemic Load:16.95, Inflammation Score:-5, Nutrition Score:9.8473912062852%

## Flavonoids

Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 429.9kcal (21.5%), Fat: 9.79g (15.06%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 74g (24.67%), Net Carbohydrates: 67.8g (24.65%), Sugar: 53.46g (59.4%), Cholesterol: 9.89mg (3.3%), Sodium: 111.15mg (4.83%), Alcohol: 6.68g (100%), Alcohol %: 2.33% (100%), Protein: 5.69g (11.37%), Fiber: 6.2g (24.8%), Vitamin C: 19.49mg (23.63%), Vitamin B2: 0.34mg (20.25%), Calcium: 192.69mg (19.27%), Phosphorus: 187.72mg (18.77%), Potassium: 591.05mg (16.89%), Copper: 0.25mg (12.53%), Vitamin K: 9.24µg (8.8%), Magnesium: 34.81mg (8.7%), Vitamin B5: 0.86mg (8.57%), Vitamin B6: 0.17mg (8.54%), Vitamin A: 381.37IU (7.63%), Manganese: 0.13mg (6.66%), Selenium: 4.34µg (6.21%), Vitamin B12: 0.35µg (5.82%), Vitamin B1: 0.08mg (5.5%), Iron: 0.99mg (5.5%), Folate: 20.88µg

(5.22%), Zinc: 0.73mg (4.85%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.45mg (2.97%), Vitamin D: 0.17µg (1.14%)