



Ginger-spiced pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



1453 kcal

SIDE DISH

Ingredients

- ☐ 500 g granulated sugar
- ☐ 500 ml citrus champagne vinegar
- ☐ 1 orange zest (use a vegetable peeler)
- ☐ 1 piece ginger thinly sliced (no need to peel)
- ☐ 3 bay leaves
- ☐ 1 tsp peppercorns black
- ☐ 1.5 kg pears ripe

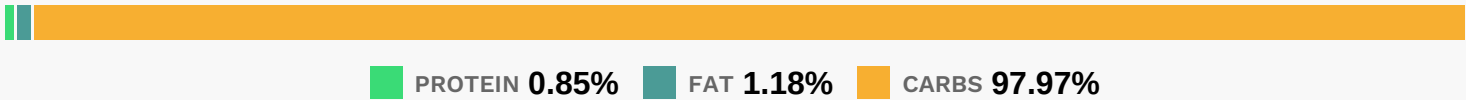
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Put the sugar, vinegar, orange zest and juice, ginger, bay leaves and peppercorns in a large pan. Bring slowly to the boil, stirring constantly to dissolve the sugar, then boil for 5 mins.
- ☐ Meanwhile, peel, core and halve or quarter the pears, depending on size.
- ☐ Add the pears to the pan and poach gently for 10–15 mins until they are just tender.
- ☐ Remove with a slotted spoon and pack into warm sterilised Kilner jars with rubber seals (see tip below).
- ☐ Boil the vinegar mixture hard to reduce by a third, then pour over the pears, including the spices. The pears need to be completely covered with the liquid. Fit the rubber seal and clamp the jar tightly closed. Reserve any leftover syrup for topping up the jars later, as the pears will absorb the syrup over time. Store for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:76.92, Glycemic Load:208.23, Inflammation Score:-6, Nutrition Score:18.383913050527%

Flavonoids

Cyanidin: 15.45mg, Cyanidin: 15.45mg, Cyanidin: 15.45mg, Cyanidin: 15.45mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 4.43mg, Epigallocatechin: 4.43mg, Epigallocatechin: 4.43mg, Epigallocatechin: 4.43mg Epicatechin: 28.2mg, Epicatechin: 28.2mg, Epicatechin: 28.2mg, Epicatechin: 28.2mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 1.27mg, Epigallocatechin 3-gallate: 1.27mg, Epigallocatechin 3-gallate: 1.27mg, Epigallocatechin 3-gallate: 1.27mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 1452.6kcal (72.63%), Fat: 1.97g (3.03%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 367.32g (122.44%), Net Carbohydrates: 342.77g (124.64%), Sugar: 322.7g (358.55%), Cholesterol: 0mg (0%), Sodium: 31.31mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Fiber: 24.55g (98.21%), Vitamin C: 41.92mg (50.81%), Manganese: 0.79mg (39.35%), Copper: 0.7mg (35.05%), Vitamin K: 36.6µg (34.86%), Potassium:

1030.77mg (29.45%), Magnesium: 69.37mg (17.34%), Iron: 2.96mg (16.44%), Vitamin B2: 0.25mg (14.92%), Folate: 55.33µg (13.83%), Vitamin B6: 0.24mg (12.13%), Phosphorus: 116.3mg (11.63%), Calcium: 106.37mg (10.64%), Vitamin B1: 0.1mg (6.7%), Vitamin B3: 1.32mg (6.58%), Vitamin E: 0.95mg (6.31%), Zinc: 0.91mg (6.06%), Vitamin A: 234.01IU (4.68%), Vitamin B5: 0.43mg (4.35%), Selenium: 2.45µg (3.49%)