



WHATSheATE



Honey-Poached Pears with Brown Sugar Sour Cream



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large but bosc pears firm cored ripe peeled halved
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 small cinnamon sticks
- ☐ 2 teaspoons rum dark
- ☐ 0.5 cup cooking wine dry white
- ☐ 5 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.5 vanilla pod split
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ In a large bowl, toss pears with lemon juice. Set aside.
- ☐ In a medium saucepan, combine water, wine, and honey.
- ☐ Add vanilla seeds and pod and cinnamon stick. Stir over medium heat until honey dissolves.
- ☐ Add pears. Cover mixture with round piece of parchment paper. Reduce heat to medium-low. Simmer until pears are just tender when pierced, turning when halfway through cooking, about 15 minutes.
- ☐ Using slotted spoon, transfer pears to large bowl. Boil poaching liquid until reduced to slightly syrupy consistency, about 2 minutes. Cool syrup.
- ☐ Pour syrup over pears. Cover and refrigerate up to 24 hours.
- ☐ Whisk sour cream, sugar, and brandy, if using, in large bowl until smooth.
- ☐ Whisk in 1 to 1 1/2 tablespoons chilled poaching syrup.
- ☐ Thinly slice each pear half lengthwise, leaving slices attached at stem end. Using metal spatula, transfer pears to plates. Gently press on pears to fan slightly. Spoon some syrup over pears. Spoon sour cream alongside each pear half and serve.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:16.52, Inflammation Score:-4, Nutrition Score:5.1617391109467%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 305.17kcal (15.26%), Fat: 11.43g (17.59%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 42.65g (15.51%), Sugar: 38.12g (42.36%), Cholesterol: 33.92mg (11.31%), Sodium: 25.47mg (1.11%), Alcohol: 3.92g (100%), Alcohol %: 1.65% (100%), Protein: 1.96g (3.93%), Fiber: 3.87g (15.49%), Vitamin C: 8.51mg (10.32%), Manganese: 0.2mg (9.87%), Vitamin B2: 0.14mg (8.38%), Calcium: 81.8mg (8.18%), Vitamin A: 388.72IU (7.77%), Potassium: 253.88mg (7.25%), Phosphorus: 65.05mg (6.51%), Copper: 0.13mg (6.47%), Vitamin K: 6.18µg (5.88%), Magnesium: 18.9mg (4.72%), Vitamin B6: 0.08mg (4.18%), Selenium: 2.54µg (3.63%), Folate: 13.88µg (3.47%), Vitamin B5: 0.3mg (2.96%), Iron: 0.5mg (2.8%), Zinc: 0.42mg (2.79%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.12µg (2.01%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.32mg (1.6%)