



Honey-Poached Quinces



Vegetarian



Gluten Free

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READY IN

ready

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45 min.

SERVINGS

servings

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12

CALORIES

calories

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219 kcal

SIDE DISH

Ingredients



0.3 cup almonds chopped



0.5 cup mild honey



0.3 cup juice of lemon fresh



1 strips lemon zest with vegetable peeler



72 ounces quinces --peeled cored quartered



1 cup milk yogurt whole for serving



0.8 cup sugar



12 cups water

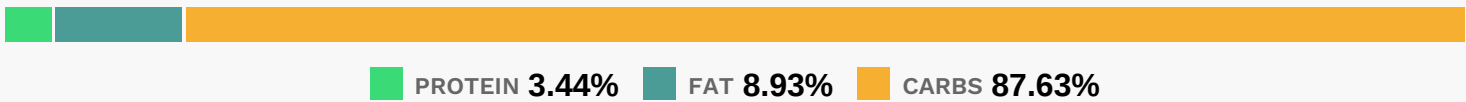
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, combine the water with the sugar, honey, lemon juice and lemon zest and bring to a boil, stirring occasionally, until the sugar dissolves.
- ☐ Add the quinces and return to a boil. Cover partially and cook over low heat until tender, about 2 hours.
- ☐ Remove the quinces with a slotted spoon. Boil the syrup until it is reduced to 4 cups, about 20 minutes. Return the quinces to the syrup while it cools.
- ☐ Meanwhile, in a small heavy skillet, toast the almonds over moderate heat, stirring constantly, until golden, 6 to 8 minutes.
- ☐ Transfer to a plate to cool.
- ☐ Serve the quinces at room temperature or chilled, with their syrup and the yogurt, sprinkled with almonds. Pass the Kourambiedes separately.
- ☐ Make Ahead: The poached quinces can be refrigerated in the honey syrup for up to 3 days.
- ☐ Serve With: Kourambiedes

Nutrition Facts



Properties

Glycemic Index:17.11, Glycemic Load:23.16, Inflammation Score:-3, Nutrition Score:6.246521708596%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg

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Nutrients (% of daily need)

Calories: 219kcal (10.95%), Fat: 2.36g (3.64%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 48.53g (17.65%), Sugar: 25.35g (28.17%), Cholesterol: 2.44mg (0.81%), Sodium: 27.15mg (1.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Vitamin C: 28.32mg (34.32%), Copper: 0.3mg (14.85%), Fiber: 3.66g (14.65%), Potassium: 402.14mg (11.49%), Iron: 1.37mg (7.63%), Vitamin B2: 0.12mg (7.17%), Magnesium: 27.16mg (6.79%), Phosphorus: 64.9mg (6.49%), Calcium: 60.32mg (6.03%), Vitamin E: 0.78mg (5.22%), Vitamin B6: 0.09mg (4.56%), Manganese: 0.08mg (4.08%), Vitamin B1: 0.05mg (3.55%), Selenium: 1.72µg (2.46%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.49mg (2.46%), Vitamin A: 101.46IU (2.03%), Zinc: 0.3mg (2.03%), Folate: 8.06µg (2.02%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)