



## Marsala Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



265 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 4 bosc pears peeled sliced canned
- ☐ 1 cup marsala wine dry (or Madeira)
- ☐ 1.5 Tbsp juice of lemon
- ☐ 0.3 cup sugar white
- ☐ 0.5 star anise
- ☐ 4 cloves
- ☐ 0.5 stick cinnamon

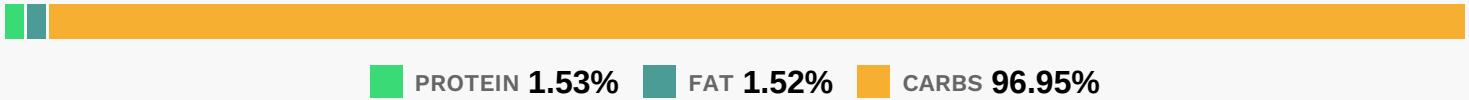
### Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Make the spiced marsala syrup: In a saucepan just large enough to fit all of the pears, place the Marsala wine, sugar, lemon juice, star anise, cloves, and cinnamon. Bring to a boil.
- ☐ Poach the pears in the syrup: Once boiling, reduce the heat to medium and place the pears in the pan, standing upright. Cover the pan and cook for 10 to 15 minutes (if you want, baste with the liquid a couple of times during the cooking), until the pears can easily be pierced with a fork.
- ☐ Very firm pears make need to cook for up to 20 minutes.
- ☐ Once poached, remove the pears to a serving dish.
- ☐ Boil down the syrup until it becomes a glaze. Keeping the pan uncovered, let the Marsala syrup boil down for a few minutes until it is a thick syrup. (If it begins to caramelize, remove pan from the heat and add a little water to the pan to stop the cooking.)
- ☐ Pour syrup over pears and serve.

## Nutrition Facts



## Properties

Glycemic Index:29.21, Glycemic Load:19.56, Inflammation Score:-4, Nutrition Score:4.8756521758826%

## Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg 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: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 264.91kcal (13.25%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 52.81g (17.6%), Net Carbohydrates: 46.96g (17.08%), Sugar: 38.81g (43.12%), Cholesterol: 0mg (0%), Sodium: 8.02mg (0.35%), Alcohol: 9.18g (100%), Alcohol %: 4.46% (100%), Protein: 0.83g (1.66%), Fiber: 5.85g (23.41%), Manganese: 0.36mg (17.89%), Vitamin C: 9.87mg (11.97%), Copper: 0.18mg (8.92%), Vitamin K: 8.25µg (7.86%), Potassium: 273.53mg (7.82%), Magnesium: 19.19mg (4.8%), Vitamin B2: 0.06mg (3.65%), Folate: 13.67µg (3.42%), Iron: 0.58mg (3.24%), Phosphorus: 28.25mg (2.82%), Vitamin B6: 0.06mg (2.82%), Calcium: 27.78mg (2.78%), Vitamin B1: 0.03mg (2.29%), Vitamin B3: 0.43mg (2.16%), Vitamin E: 0.25mg (1.67%), Zinc: 0.24mg (1.63%), Vitamin B5: 0.12mg (1.17%)