



Mulled Pears and Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 4 anjou pear
- ☐ 4 quarts apple juice
- ☐ 4 apples
- ☐ 2 cinnamon sticks (each 3 inches long)
- ☐ 1 large piece candied ginger
- ☐ 1 optional: lemon halved

Equipment

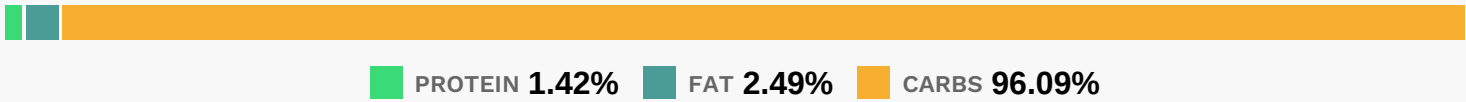
- ☐ bowl

- ☐ pot
- ☐ kitchen twine

Directions

- ☐ Fill a large, heavy pot with apple juice. Tie the cinnamonsticks, ginger, and cloves together in a cheeseclothbag with kitchen string and add to the juice. Bring to a boil; reduce the heat to medium-low and simmer 15 minutes, partially covered, to infuse flavors.
- ☐ Meanwhile, squeeze the lemon into a large bowl and fill with water. Core the apples and pears from the bottom and peel them. Drop immediately into the lemonwater (to prevent browning) until poaching time.
- ☐ Carefully add apples to the boiling poaching liquid, reduce heat, and simmer until tender, 15 to 20 minutes.
- ☐ Remove to a bowl.
- ☐ Add the pears to the liquid and poach until tender, about 8 minutes.
- ☐ Remove to a bowl.
- ☐ Cool the poaching liquid to room temperature and discard spice bag. Return fruit to the liquid and refrigerate overnight.
- ☐ To serve, place the fruit, stem-ends up, on a cake stand or platter. Strain some of the liquid over the fruit.
- ☐ Per serving: 320 calories, 79g carbohydrates, 1g protein, no fat or cholesterol.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:28.92, Inflammation Score:-4, Nutrition Score:7.84173919584444%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 7.34mg, Catechin: 7.34mg, Catechin: 7.34mg, Catechin: 7.34mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg

Epicatechin: 32.49mg, Epicatechin: 32.49mg, Epicatechin: 32.49mg, Epicatechin: 32.49mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 324.2kcal (16.21%), Fat: 0.95g (1.46%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 82.11g (27.37%), Net Carbohydrates: 75.38g (27.41%), Sugar: 64.59g (71.76%), Cholesterol: 0mg (0%), Sodium: 21.2mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Manganese: 0.58mg (29.08%), Fiber: 6.73g (26.93%), Vitamin C: 19.46mg (23.59%), Potassium: 700.92mg (20.03%), Magnesium: 36.04mg (9.01%), Vitamin B1: 0.13mg (8.74%), Copper: 0.16mg (8.11%), Vitamin B6: 0.16mg (8.02%), Vitamin B2: 0.13mg (7.66%), Calcium: 63.6mg (6.36%), Vitamin K: 6.19µg (5.9%), Phosphorus: 56.53mg (5.65%), Iron: 0.99mg (5.51%), Vitamin B5: 0.36mg (3.6%), Vitamin B3: 0.6mg (2.98%), Folate: 10.5µg (2.62%), Vitamin E: 0.36mg (2.39%), Vitamin A: 81.67IU (1.63%), Zinc: 0.24mg (1.63%)