



Pear & saffron compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



116 kcal

SAUCE

Ingredients

- ☐ 3 just-ripe pears (such as Williams, Comice or Conference)
- ☐ 1 large shallots finely chopped
- ☐ 8 servings cm length ginger fresh peeled finely chopped
- ☐ 1 plump garlic clove finely chopped
- ☐ 1 tbsp olive oil
- ☐ 1 pinch saffron strands good
- ☐ 80 g caster sugar
- ☐ 2 tbsp cider vinegar

☐ 50 g raisins

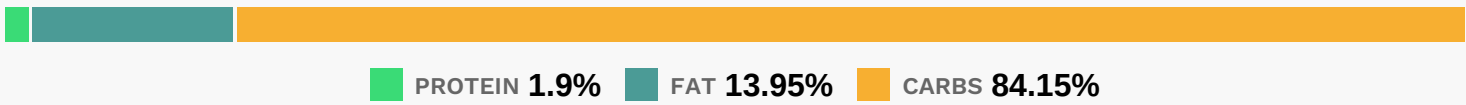
Equipment

☐ frying pan

Directions

- ☐ Top and tail the pears, then peel. Quarter and cut out the cores, then chop into small chunks.
- ☐ In a medium pan, saut the shallot, ginger and garlic in the oil for about 3 mins, then crush in the saffron and cook for 1 min. Tip in the sugar and cook on a medium heat until it begins to caramelise lightly (give the pan a good shake and stir if it starts to clump). Deglaze by stirring in the vinegar and cook for a min until absorbed.
- ☐ Stir in about 100ml cold water and bring to the boil.
- ☐ Add the pears and dried fruit with a little seasoning and stir gently. Cook on a medium heat for 3–5 mins until soft (length of cooking will depend on the ripeness of the pears).
- ☐ Remove and cool. Will keep in the fridge for 3 days.

Nutrition Facts



Properties

Glycemic Index:43.56, Glycemic Load:12.85, Inflammation Score:-1, Nutrition Score:2.1908695671869%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 116.1kcal (5.81%), Fat: 1.92g (2.96%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 23.65g (8.6%), Sugar: 20.49g (22.76%), Cholesterol: 0mg (0%), Sodium: 2.45mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Fiber: 2.47g (9.87%), Copper: 0.09mg (4.34%), Vitamin C: 3.54mg (4.29%), Potassium: 147.34mg (4.21%), Manganese: 0.08mg (4.14%), Vitamin K: 4.24µg (4.04%), Vitamin B6: 0.06mg (2.91%), Vitamin E: 0.35mg (2.31%), Magnesium: 8.67mg (2.17%), Vitamin B2: 0.03mg (1.94%), Phosphorus: 18.64mg (1.86%), Iron: 0.31mg (1.73%), Folate: 6.16µg (1.54%), Calcium: 11.86mg (1.19%), Vitamin B3: 0.2mg (1.01%)