



## Pears in Chocolate Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



435 kcal

SAUCE

### Ingredients

- 4 ounce bittersweet chocolate chopped
- 1 tablespoon butter
- 1 tablespoon rum / brandy / coffee liqueur flavored
- 2 tablespoons heavy cream
- 0.5 juice of lemon juiced
- 4 maraschino cherries
- 4 pears peeled
- 0.3 teaspoon vanilla extract

- 2 cups water
- 0.5 cup sugar white

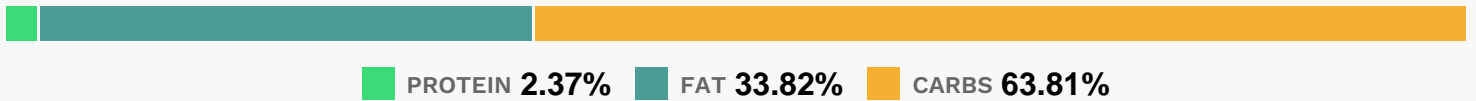
## Equipment

- sauce pan
- double boiler

## Directions

- Leave stems on peeled pears.
- Sprinkle with lemon juice to prevent browning. Set aside.
- In a saucepan large enough to accommodate 4 pears standing upright, combine water and sugar.
- Place over medium heat, and boil until sugar is dissolved. Stir in vanilla, then place the pears in. Reduce heat, cover, and simmer for 15 minutes. Allow to cool in liquid, then drain.
- In the top of a double boiler, combine chocolate, cream and butter.
- Heat, stirring, until chocolate is melted and smooth.
- Remove from heat, and stir in coffee liqueur.
- Place pears on serving dish, pour chocolate sauce over pears, and garnish with maraschino cherries.

## Nutrition Facts



## Properties

Glycemic Index:39.21, Glycemic Load:25.37, Inflammation Score:-5, Nutrition Score:8.5260869083197%

## Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg 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:

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## Nutrients (% of daily need)

Calories: 435.11kcal (21.76%), Fat: 16.77g (25.8%), Saturated Fat: 9.82g (61.35%), Carbohydrates: 71.18g (23.73%), Net Carbohydrates: 63.22g (22.99%), Sugar: 56.75g (63.06%), Cholesterol: 17.7mg (5.9%), Sodium: 35.87mg (1.56%), Alcohol: 0.9g (100%), Alcohol %: 0.31% (100%), Caffeine: 24.38mg (8.13%), Protein: 2.65g (5.29%), Fiber: 7.96g (31.83%), Copper: 0.53mg (26.46%), Manganese: 0.46mg (23.19%), Magnesium: 64.59mg (16.15%), Iron: 2.16mg (11.99%), Vitamin C: 9.15mg (11.09%), Potassium: 380.97mg (10.88%), Phosphorus: 100.72mg (10.07%), Vitamin K: 10.43µg (9.94%), Zinc: 0.98mg (6.53%), Vitamin A: 258.86IU (5.18%), Vitamin B2: 0.08mg (4.77%), Calcium: 46.14mg (4.61%), Selenium: 2.98µg (4.26%), Vitamin E: 0.54mg (3.59%), Folate: 13.61µg (3.4%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.54mg (2.68%), Vitamin B1: 0.03mg (2.2%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.07µg (1.15%)