



Pears in port with meringue cream

READY IN



120 min.

SERVINGS



8

CALORIES



481 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 600 ml port wine
- ☐ 140 g sugar
- ☐ 2 cinnamon sticks halved
- ☐ 8 pears with the stalk intact firm ripe peeled
- ☐ 425 ml double cream
- ☐ 1 tbsp powdered sugar
- ☐ 1 tsp vanilla extract
- ☐ 2 shells bought fine (ones are)
- ☐ 1 pinch cinnamon good

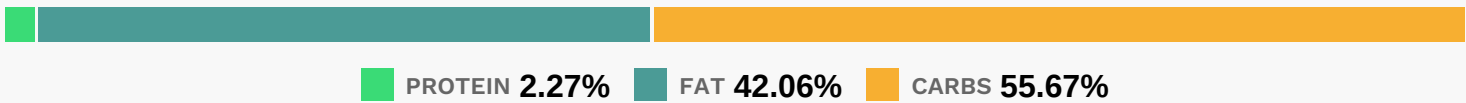
Equipment

- ☐ frying pan
- ☐ cocktail sticks

Directions

- ☐ Pour the port into a large pan with 600ml water, add the sugar and cinnamon, then heat until the sugar dissolves.
- ☐ Add the pears, bring to the boil, then cover and simmer for 20–30 mins until tender all the way through. They are ready when a cocktail stick can be easily pushed through each one. Depending on the size of your pan, you may need to cook the pears in 2 batches using the same port syrup, or turn the pears several times as they cook so they become an even colour.
- ☐ Let the pears cool in their syrup, preferably overnight to allow the syrup to really stain them. Will keep for 3 days in the fridge.
- ☐ Check the consistency of the syrup. If it is very thin, boil it in a pan to reduce the amount and concentrate the flavour.
- ☐ To serve, whip the cream with the sugar and vanilla until it holds its shape, then fold in the meringue.
- ☐ Sprinkle with the cinnamon. Arrange the pears in a shallow dish and spoon over the syrup. Allow guests to help themselves to both pears and cream.

Nutrition Facts



Properties

Glycemic Index:19.86, Glycemic Load:20.22, Inflammation Score:-7, Nutrition Score:7.0039130138314%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg Malvidin: 72.15mg, Malvidin: 72.15mg, Malvidin: 72.15mg, Malvidin: 72.15mg Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg Catechin: 7.98mg, Catechin: 7.98mg, Catechin: 7.98mg, Catechin:

7.98mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg
Epicatechin: 12.44mg, Epicatechin: 12.44mg, Epicatechin: 12.44mg, Epicatechin: 12.44mg 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 Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg,
Isorhamnetin: 0.53mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 480.82kcal (24.04%), Fat: 19.61g (30.17%), Saturated Fat: 12.33g (77.09%), Carbohydrates: 58.4g (19.47%),
Net Carbohydrates: 52.4g (19.05%), Sugar: 43.37g (48.19%), Cholesterol: 60.39mg (20.13%), Sodium: 23.4mg
(1.02%), Alcohol: 11.82g (100%), Alcohol %: 4.57% (100%), Protein: 2.38g (4.76%), Fiber: 6g (24.02%), Manganese:
0.34mg (16.9%), Vitamin A: 832.75IU (16.66%), Vitamin C: 8.01mg (9.71%), Vitamin B2: 0.17mg (9.7%), Copper:
0.19mg (9.58%), Potassium: 332.83mg (9.51%), Vitamin K: 9.82µg (9.36%), Calcium: 66.69mg (6.67%), Phosphorus:
60.28mg (6.03%), Magnesium: 23.78mg (5.95%), Vitamin D: 0.86µg (5.7%), Vitamin E: 0.73mg (4.84%), Folate:
14.7µg (3.67%), Vitamin B6: 0.07mg (3.61%), Iron: 0.64mg (3.58%), Selenium: 2.46µg (3.51%), Vitamin B1: 0.05mg
(3.08%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.25mg (2.52%), Vitamin B3: 0.5mg (2.51%), Vitamin B12: 0.09µg
(1.43%)