



## Pears Panos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 bosc pears cored halved
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 cup sugar white
- ☐ 0.3 cup cointreau

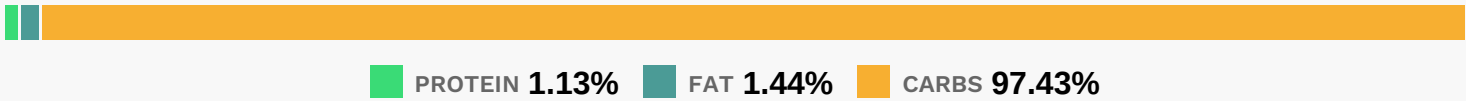
## Equipment

- ☐ sauce pan

# Directions

- ☐
- Place the pears into a large saucepan. Fill with enough water to cover the pears by 1 inch. Stir in the sugar and bring to a boil. Cook uncovered until the liquid has reduced into a light syrup, this may take up to 1 hour.
- ☐
- Remove from the heat and stir in the vanilla. Cool until just warm, then stir in the liqueur and serve.

## Nutrition Facts



## Properties

Glycemic Index:13.36, Glycemic Load:12.68, Inflammation Score:-1, Nutrition Score:1.8004347643127%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 121.93kcal (6.1%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 25.61g (9.31%), Sugar: 23.54g (26.16%), Cholesterol: 0mg (0%), Sodium: 1.62mg (0.07%), Alcohol: 1.96g (100%), Alcohol %: 2.28% (100%), Protein: 0.33g (0.66%), Fiber: 2.76g (11.04%), Vitamin C: 3.83mg (4.64%), Copper: 0.08mg (3.84%), Vitamin K: 3.92µg (3.73%), Potassium: 105.89mg (3.03%), Manganese: 0.04mg (2.24%), Magnesium: 6.47mg (1.62%), Folate: 6.23µg (1.56%), Vitamin B2: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.29%), Phosphorus: 11.13mg (1.11%)