



Pears & prunes in mulled (well, sort of) wine



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



388 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pears good firm ripe
- ☐ 100 g g muscovado sugar light
- ☐ 50 g butter unsalted
- ☐ 16 prune- cut to pieces
- ☐ 250 ml red wine
- ☐ 1 vanilla pod
- ☐ 4 servings lemon zest (see 'Try' below)

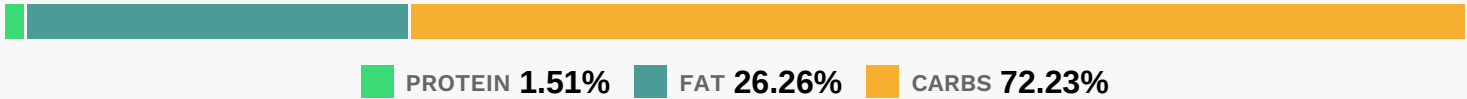
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Cut each pear in half lengthways, and remove the cores.
- ☐ Sprinkle the sugar over the base of a large, preferably non-stick, fry pan.
- ☐ Add the butter and heat until the sugar has dissolved into the melted butter. Quickly add in the pears and caramelise until they are soft but still firm and holding their shape. This will take about 10 minutes and you should toss them occasionally.
- ☐ Add the prunes and fry for another minute or so. Now pour in the wine, but be careful as it will spit, so hold the pan away from you, then put it back over a lower heat. Split the vanilla pod in half lengthways using the tip of a sharp knife. Scrape the seeds out into the pan, also with the knife, then toss in the pod and let everything infuse for about 5 minutes.
- ☐ Lift out the pears and prunes and set aside, then reduce the wine until it is good and gooey and thick, for about 8-10 minutes. Thats it really. Just pop the fruit back in and serve hot or cold with the lemon zest on top.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:10.79, Inflammation Score:-6, Nutrition Score:7.2952173365199%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg 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 Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 388.28kcal (19.41%), Fat: 10.6g (16.31%), Saturated Fat: 6.48g (40.47%), Carbohydrates: 65.62g (21.87%), Net Carbohydrates: 60g (21.82%), Sugar: 48.58g (53.97%), Cholesterol: 26.88mg (8.96%), Sodium: 12.61mg (0.55%), Alcohol: 6.72g (100%), Alcohol %: 3.68% (100%), Protein: 1.38g (2.75%), Vitamin K: 28.84µg (27.47%), Fiber: 5.62g (22.48%), Potassium: 513.13mg (14.66%), Manganese: 0.26mg (13.13%), Vitamin A: 648.39IU (12.97%), Copper: 0.21mg (10.31%), Magnesium: 32.77mg (8.19%), Vitamin B6: 0.15mg (7.75%), Vitamin B2: 0.12mg (7.15%), Phosphorus: 56.89mg (5.69%), Iron: 1.01mg (5.59%), Calcium: 54.3mg (5.43%), Vitamin B3: 1.07mg (5.35%), Vitamin C: 4.32mg (5.24%), Vitamin E: 0.57mg (3.8%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.37mg (2.49%), Vitamin B1: 0.04mg (2.33%), Folate: 9.11µg (2.28%), Vitamin D: 0.19µg (1.25%), Selenium: 0.76µg (1.09%)