



Persian Poached Pears

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

Ingredients

- 4 large pears
- 4 apricot dried
- 1 cup wine dry white
- 2 tablespoons honey
- 2 strips lemon zest (3 x 1/2-inch)
- 5 tablespoons pistachios divided toasted coarsely chopped
- 2 tablespoons sugar
- 3 inch vanilla pod split
- 4 vanilla wafers crushed reduced-calorie

1 cup water

Equipment

bowl

sauce pan

sieve

slotted spoon

melon baller

Directions

Peel and core pears, leaving stems intact. Slice about 1/4 inch from base of each pear so it will sit flat.

Combine water and next 7 ingredients (water through clove) in a large saucepan; bring to a boil.

Add pears; cover, reduce heat, and simmer 10 minutes or until tender.

Remove pears and apricots from cooking liquid using a slotted spoon; chill pears and apricots. Bring cooking liquid to a boil; cook until reduced to 1 cup (about 15 minutes). Strain cooking liquid through a sieve over a bowl; discard solids. Chill.

Chop apricots.

Combine apricots, wafer crumbs, and 1 tablespoon pistachios. Stuff about 2 tablespoons apricot mixture into each pear cavity.

Place pears in each of 4 bowls. Spoon 1/4 cup syrup over each pear; sprinkle each with 1 tablespoon pistachios.

Note: Use a melon baller to core pears.

Nutrition Facts



PROTEIN 4.13% FAT 16.7% CARBS 79.17%

Properties

Glycemic Index:75.63, Glycemic Load:24.24, Inflammation Score:0, Nutrition Score:8.6526086641395%

Flavonoids

Cyanidin: 5.43mg, Cyanidin: 5.43mg, Cyanidin: 5.43mg, Cyanidin: 5.43mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg Epicatechin: 9.06mg, Epicatechin: 9.06mg, Epicatechin: 9.06mg, Epicatechin: 9.06mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 339.72kcal (16.99%), Fat: 5.97g (9.18%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 63.68g (21.23%), Net Carbohydrates: 54.84g (19.94%), Sugar: 44.52g (49.46%), Cholesterol: 0.06mg (0.02%), Sodium: 33.78mg (1.47%), Alcohol: 6.18g (100%), Alcohol %: 2% (100%), Protein: 3.32g (6.64%), Fiber: 8.84g (35.35%), Copper: 0.35mg (17.72%), Manganese: 0.32mg (16.03%), Potassium: 509.71mg (14.56%), Vitamin C: 11.19mg (13.57%), Vitamin B6: 0.27mg (13.54%), Vitamin K: 10.61µg (10.1%), Phosphorus: 93.02mg (9.3%), Vitamin B1: 0.14mg (9.26%), Magnesium: 36.88mg (9.22%), Vitamin A: 384.98IU (7.7%), Folate: 27.84µg (6.96%), Iron: 1.21mg (6.71%), Vitamin B2: 0.11mg (6.41%), Vitamin E: 0.84mg (5.6%), Vitamin B3: 0.93mg (4.67%), Calcium: 43.48mg (4.35%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.24mg (2.38%), Selenium: 1.25µg (1.78%)