



Pickled pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



533 kcal

SIDE DISH

Ingredients

- ☐ 1 cranberry-orange relish
- ☐ 10 cloves
- ☐ 2 tsp peppercorns black crushed
- ☐ 1 tsp allspice crushed
- ☐ 5 ginger fresh sliced
- ☐ 1 litre citrus champagne vinegar
- ☐ 2 cinnamon sticks
- ☐ 1 kg sugar

☐ 2 kg pears

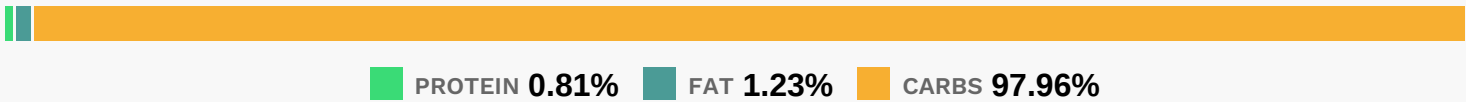
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Pare the zest from the lemon or orange and put in a pan with the cloves, peppercorns, allspice berries, root ginger, lemon or orange juice, vinegar, cinnamon sticks and sugar. Stir over a gentle heat until the sugar has dissolved.
- ☐ Peel, core and halve the pears, then add to the pan and simmer for 15 mins, until the pears are tender.
- ☐ Remove the pears with a slotted spoon and put in a colander to drain. Meanwhile, increase the heat under the syrup and boil rapidly for 15 mins, until the syrup has reduced by about a third and slightly thickened.
- ☐ Pack the fruit into warmed jars and pour over the hot syrup to cover. Seal, label and store in a cool dry place for a month before using.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:79.47, Inflammation Score:-3, Nutrition Score:6.6652172907539%

Flavonoids

Cyanidin: 4.12mg, Cyanidin: 4.12mg, Cyanidin: 4.12mg, Cyanidin: 4.12mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epigallocatechin: 1.18mg Epicatechin: 7.52mg, Epicatechin: 7.52mg, Epicatechin: 7.52mg, Epicatechin: 7.52mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg,

Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 532.93kcal (26.65%), Fat: 0.75g (1.15%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 134.05g (44.68%), Net Carbohydrates: 126.7g (46.07%), Sugar: 120.61g (134.01%), Cholesterol: 0mg (0%), Sodium: 12.72mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Fiber: 7.35g (29.41%), Manganese: 0.53mg (26.35%), Vitamin C: 16.47mg (19.96%), Copper: 0.21mg (10.62%), Vitamin K: 10.75µg (10.23%), Potassium: 333.53mg (9.53%), Iron: 1.1mg (6.12%), Magnesium: 23.96mg (5.99%), Vitamin B2: 0.08mg (4.71%), Folate: 18.73µg (4.68%), Calcium: 46.3mg (4.63%), Vitamin B6: 0.08mg (3.85%), Phosphorus: 37.71mg (3.77%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.42mg (2.11%), Vitamin E: 0.32mg (2.1%), Zinc: 0.29mg (1.96%), Vitamin A: 89.34IU (1.79%), Vitamin B5: 0.15mg (1.54%), Selenium: 0.98µg (1.4%)