



Poached Orange Pears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 1 cinnamon sticks (3 inches)
- 1.5 cups orange juice
- 4 large pears peeled halved
- 0.5 cup raspberries fresh

Equipment

- sauce pan
- slotted spoon

Directions

- In a large saucepan, bring the orange juice, brown sugar and cinnamon stick to a boil. Reduce heat; cook and stir over medium heat until sugar is dissolved.
- Add pears; cover and simmer for 15–20 minutes or until tender but firm.
- Using a slotted spoon, place each pear half in a dessert dish.
- Garnish with raspberries.
- Drizzle with poaching liquid.

Nutrition Facts

PROTEIN 2.24% **FAT 1.8%** **CARBS 95.96%**

Properties

Glycemic Index:14.97, Glycemic Load:7.69, Inflammation Score:-3, Nutrition Score:5.280000059501%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 143.71kcal (7.19%), Fat: 0.31g (0.47%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 32.67g (11.88%), Sugar: 28.8g (32%), Cholesterol: 0mg (0%), Sodium: 5.58mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 30.18mg (36.58%), Fiber: 4.38g (17.51%), Manganese: 0.2mg (9.86%), Potassium: 257.9mg (7.37%), Copper: 0.13mg (6.47%), Folate: 23.74µg (5.93%),

Vitamin K: 5.83µg (5.55%), Magnesium: 16.32mg (4.08%), Vitamin B1: 0.06mg (3.88%), Calcium: 33.14mg (3.31%),
Vitamin B6: 0.06mg (3.12%), Vitamin B2: 0.05mg (2.76%), Iron: 0.49mg (2.7%), Vitamin A: 125.52IU (2.51%),
Phosphorus: 24.71mg (2.47%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.19mg (1.89%), Vitamin E: 0.23mg (1.55%),
Zinc: 0.18mg (1.21%)