



Poached Pear Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 0.5 cup apple juice
- ☐ 3 cups whipped cream
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup maple syrup divided
- ☐ 1 tablespoon butter
- ☐ 3 large pears ripe
- ☐ 1 ounce bittersweet chocolate chopped

- ☐ 0.3 cup sugar
- ☐ 1 ounce baker's chocolate unsweetened chopped
- ☐ 1 vanilla pod
- ☐ 2 tablespoons water
- ☐ 1.5 tablespoons whipping cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Peel and core pears; cut in half lengthwise, and brush with lemon juice.
- ☐ Cut vanilla bean in half lengthwise. Scrape seeds into a large saucepan.
- ☐ Add vanilla bean halves, 1 cup maple syrup, and apple juice to saucepan; bring to a boil.
- ☐ Add pears; cover, reduce heat, and simmer 15 minutes or until tender, turning once.
- ☐ Remove and discard vanilla bean halves.
- ☐ Transfer pears and poaching liquid to a bowl; cover and chill thoroughly.
- ☐ Combine sugar and water in a small saucepan; bring to a boil, stirring frequently until sugar dissolves.
- ☐ Add whipping cream; bring to a boil.
- ☐ Remove from heat.
- ☐ Add margarine and chocolates; stir until chocolates melt. Stir in remaining 1 tablespoon maple syrup. Cool completely.
- ☐ Transfer pears to 6 dessert plates, using a slotted spoon. Discard poaching liquid. Top each pear with 1/2 cup ice cream. Spoon chocolate sauce evenly over ice cream, and sprinkle evenly with almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:34.31, Inflammation Score:-5, Nutrition Score:13.953043471212%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 12.02mg, Epicatechin: 12.02mg, Epicatechin: 12.02mg, Epicatechin: 12.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 490.84kcal (24.54%), Fat: 16.78g (25.82%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 84.91g (28.3%), Net Carbohydrates: 79.26g (28.82%), Sugar: 69.74g (77.49%), Cholesterol: 33.56mg (11.19%), Sodium: 84.61mg (3.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.84mg (2.61%), Protein: 4.48g (8.97%), Manganese: 1.65mg (82.32%), Vitamin B2: 0.93mg (54.6%), Fiber: 5.65g (22.61%), Copper: 0.36mg (18%), Calcium: 175.16mg (17.52%), Magnesium: 62.84mg (15.71%), Potassium: 503.23mg (14.38%), Phosphorus: 134.61mg (13.46%), Zinc: 1.65mg (10.97%), Vitamin E: 1.35mg (8.98%), Vitamin A: 447.9IU (8.96%), Iron: 1.6mg (8.91%), Vitamin C: 6.2mg (7.51%), Vitamin B1: 0.1mg (6.49%), Vitamin K: 6.18µg (5.88%), Vitamin B5: 0.5mg (5.01%), Vitamin B12: 0.27µg (4.57%), Vitamin B6: 0.08mg (3.92%), Folate: 14.65µg (3.66%), Selenium: 2.4µg (3.43%), Vitamin B3: 0.55mg (2.75%), Vitamin D: 0.19µg (1.28%)