



Poached Pears



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

Ingredients

- ☐ 6 bartlett pears
- ☐ 1 cup irish whiskey fudge hot warmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups sugar
- ☐ 8 cups water

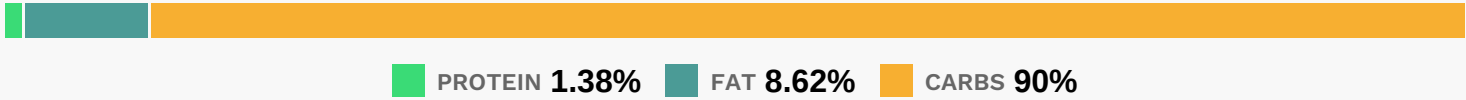
Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Mix water, sugar and lemon juice in a saucepan. Bring to a simmer over medium heat.
- ☐ Peel pears and put in hot liquid; simmer gently until pears are tender, about 25 minutes. Using a slotted spoon, transfer pears to a rack to cool. Cool cooking liquid separately.
- ☐ Serve 1/4 cup pear syrup with each pear. Top with fudge.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:58.09, Inflammation Score:-2, Nutrition Score:5.5073912947074%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 466.86kcal (23.34%), Fat: 4.55g (7%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 106.93g (35.64%), Net Carbohydrates: 100.74g (36.63%), Sugar: 96.04g (106.71%), Cholesterol: 5.52mg (1.84%), Sodium: 35.82mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 1.65g (3.29%), Fiber: 6.2g (24.78%), Copper: 0.32mg (16.15%), Manganese: 0.23mg (11.73%), Vitamin C: 8.8mg (10.67%), Magnesium: 28.18mg (7.04%), Vitamin K: 7.32µg (6.97%), Potassium: 236.19mg (6.75%), Iron: 1.06mg (5.91%), Vitamin B2: 0.09mg (5.27%), Phosphorus: 47.78mg (4.78%), Calcium: 45.45mg (4.55%), Zinc: 0.62mg (4.12%), Folate: 12.76µg (3.19%), Vitamin B6: 0.05mg (2.61%), Vitamin A: 112.69IU (2.25%), Vitamin B1: 0.03mg (2.15%), Selenium: 1.47µg (2.09%), Vitamin E: 0.29mg (1.92%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.13mg (1.33%)