



Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 optional: lemon
- ☐ 1 navel oranges quartered
- ☐ 4 small pears ripe peeled (any variety)
- ☐ 1.5 cups red wine
- ☐ 0.8 cup sugar
- ☐ 0.5 vanilla pod split

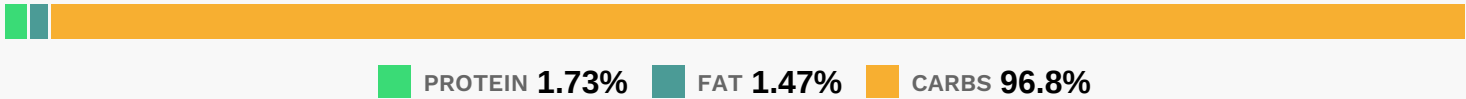
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ In a small saucepan, off the heat, combine the wine, the juice from the lemon and orange, 1 of the squeezed orange quarters, the sugar, vanilla, cinnamon stick, and cloves.
- ☐ Add the pears and bring to a boil. Reduce heat and simmer, uncovered, turning the pears occasionally, until they're easily pierced with the tip of a knife, about 25 minutes. Using a slotted spoon, transfer the pears to individual plates.
- ☐ Remove and discard the orange quarter and spices. Return the liquid to a simmer and cook until syrupy and reduced by two-thirds, about 15 minutes, depending on size of pan. Spoon the sauce over the pears.
Tip Pears not quite ripe? Poaching in wine renders even firm fruit juicy and tender. For extra drama, serve this ruby red dessert with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:38.09, Glycemic Load:33.57, Inflammation Score:-6, Nutrition Score:7.8221737612849%

Flavonoids

Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.83mg, Catechin: 6.83mg, Catechin: 6.83mg, Catechin: 6.83mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 8.98mg, Epicatechin: 8.98mg, Epicatechin: 8.98mg, Epicatechin: 8.98mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg Naringenin: 4.23mg, Naringenin: 4.23mg, Naringenin: 4.23mg, Naringenin: 4.23mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg

Apigenin: 0.12mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 332.74kcal (16.64%), Fat: 0.47g (0.73%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 69.82g (23.27%), Net Carbohydrates: 63.24g (23%), Sugar: 56.1g (62.33%), Cholesterol: 0mg (0%), Sodium: 6.44mg (0.28%), Alcohol: 9.58g (100%), Alcohol %: 3.59% (100%), Protein: 1.25g (2.49%), Vitamin C: 41.39mg (50.17%), Fiber: 6.58g (26.31%), Manganese: 0.36mg (18.14%), Potassium: 386.05mg (11.03%), Copper: 0.16mg (8.03%), Vitamin B6: 0.14mg (7.24%), Magnesium: 27.71mg (6.93%), Vitamin K: 7.14µg (6.8%), Folate: 26.18µg (6.55%), Vitamin B2: 0.1mg (5.72%), Iron: 0.98mg (5.44%), Calcium: 51.75mg (5.17%), Phosphorus: 51.4mg (5.14%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.63mg (3.14%), Vitamin A: 133.77IU (2.68%), Vitamin B5: 0.25mg (2.45%), Zinc: 0.34mg (2.25%), Vitamin E: 0.29mg (1.94%)