



Poached pears in spiced red wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 vanilla pod
- ☐ 1 bottle red wine
- ☐ 225 g sugar
- ☐ 1 cinnamon sticks halved
- ☐ 1 sprig thyme sprigs fresh
- ☐ 6 pears whole with stalk intact peeled

Equipment

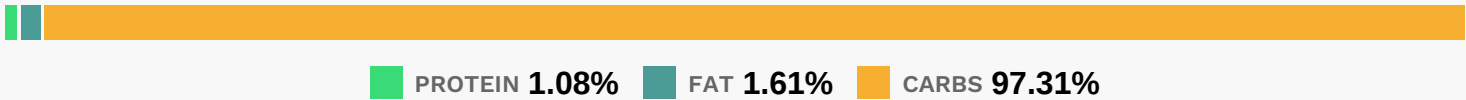
- ☐ frying pan

- ☐ sauce pan
- ☐ cocktail sticks

Directions

- ☐ Halve the vanilla pod lengthways, scrape out the black seeds and put in a large saucepan with the wine, sugar, cinnamon and thyme.
- ☐ Cut each piece of pod into three long thin strips, add to pan, then lower in the pears.
- ☐ Poach the pears, covered, for 20–30 mins, making sure they are covered in the wine. The cooking time will very much depend on the ripeness of your pears they should be tender all the way through when pierced with a cocktail stick. You can make these up to 2 days ahead and chill.
- ☐ Take the pears from the pan, then boil the liquid to reduce it by half so that its syrupy.
- ☐ Serve each pear with the cooled syrup, a strip of vanilla, a piece of cinnamon and a small thyme sprig.

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:34.6, Inflammation Score:-6, Nutrition Score:5.4747826197873%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 9.41mg, Catechin: 9.41mg, Catechin: 9.41mg, Catechin: 9.41mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 11.43mg, Epicatechin: 11.43mg, Epicatechin: 11.43mg, Epicatechin: 11.43mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg

0.52mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 355.65kcal (17.78%), Fat: 0.5g (0.78%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 62.54g (22.74%), Sugar: 55.57g (61.74%), Cholesterol: 0mg (0%), Sodium: 7.23mg (0.31%), Alcohol: 13.25g (100%), Alcohol %: 4.91% (100%), Protein: 0.76g (1.52%), Fiber: 5.85g (23.4%), Manganese: 0.36mg (17.83%), Potassium: 369.51mg (10.56%), Vitamin C: 7.94mg (9.63%), Copper: 0.17mg (8.26%), Vitamin K: 8.51µg (8.11%), Magnesium: 28.08mg (7.02%), Vitamin B6: 0.12mg (6.22%), Iron: 0.99mg (5.51%), Vitamin B2: 0.09mg (5.48%), Phosphorus: 50.66mg (5.07%), Folate: 13.82µg (3.46%), Calcium: 32.92mg (3.29%), Vitamin B3: 0.58mg (2.89%), Zinc: 0.37mg (2.47%), Vitamin B1: 0.03mg (1.85%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.27%), Vitamin A: 56.64IU (1.13%)