



Poached pears in spiced tea

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 50 g brown sugar
- ☐ 1 tbsp clear honey
- ☐ 1 tbsp jam
- ☐ 2 ginger tea bags good (Pukka's 'revitalise' is , or apple & cinnamon)
- ☐ 4 pears with a spoon firm peeled halved
- ☐ 1 handful cranberries fresh
- ☐ 4 servings crème fraîche sweetened with a little orange juice or zest, to serve

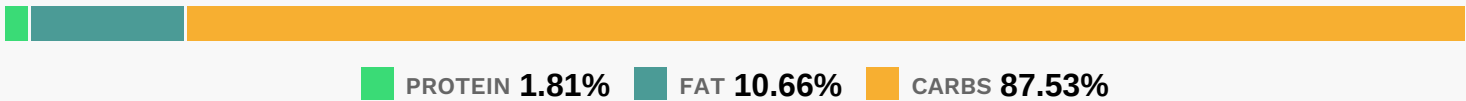
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ skewers

Directions

- ☐ Put the sugar, honey, jelly and tea bags into a big saucepan with 600ml water and bring to the boil, stirring to dissolve the sugar.
- ☐ Add the pear halves, then cover and simmer for 12–15 mins until the pears are just tender poke them with a skewer or the tip of a knife.
- ☐ Lift out the pears, then turn up the heat, throw in the cranberries and boil for a few mins until syrupy. Discard the tea bags.
- ☐ Serve the pears with the warm syrup poured over and a spoonful of crme frache or yogurt.

Nutrition Facts



Properties

Glycemic Index:47.26, Glycemic Load:12.05, Inflammation Score:-2, Nutrition Score:4.2121739815111%

Flavonoids

Cyanidin: 3.78mg, Cyanidin: 3.78mg, Cyanidin: 3.78mg, Cyanidin: 3.78mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 202.7kcal (10.13%), Fat: 2.58g (3.97%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 42.08g (15.3%), Sugar: 36.64g (40.71%), Cholesterol: 7.08mg (2.36%), Sodium: 10.81mg (0.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Fiber: 5.59g (22.37%), Vitamin C: 8.26mg (10.02%), Copper: 0.16mg (8.05%), Vitamin K: 8.02µg (7.64%), Potassium: 244.88mg (7%), Manganese: 0.1mg

(5.09%), Vitamin B2: 0.07mg (4.25%), Calcium: 39.85mg (3.98%), Magnesium: 15.1mg (3.78%), Folate: 13.96µg (3.49%), Phosphorus: 32.17mg (3.22%), Vitamin B6: 0.06mg (3.2%), Iron: 0.46mg (2.58%), Vitamin A: 119.41IU (2.39%), Vitamin E: 0.27mg (1.79%), Vitamin B1: 0.02mg (1.64%), Vitamin B3: 0.32mg (1.6%), Zinc: 0.24mg (1.57%), Vitamin B5: 0.15mg (1.49%), Selenium: 0.91µg (1.31%)