



Poached Pears in Vanilla Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SAUCE

Ingredients

- 4 small bosc pears firm
- 1 stick cinnamon (3-inch)
- 1 cup sugar
- 1 vanilla pod split
- 4 cups water

Equipment

- frying pan
- sauce pan

slotted spoon

Directions

- Combine the water and sugar in a medium saucepan; bring to a boil, stirring until sugar dissolves.
- Add vanilla bean and cinnamon. Cover, reduce heat, and simmer 15 minutes.
- Peel and core pears, leaving stems intact.
- Cut about 1/4-inch from the base of each pear so they will sit flat.
- Add pears to sugar mixture. Cover and cook over medium heat 10 minutes or until tender.
- Remove pears with a slotted spoon; chill thoroughly. Discard the cinnamon stick. Scrape seeds from vanilla bean, and stir seeds into sugar mixture. Discard bean. Set aside 2 cups sugar mixture; reserve remaining mixture for another use.
- Return 2 cups sugar mixture to pan; bring to a boil over high heat. Cook until slightly syrupy and reduced to 1/2 cup (about 12 minutes). Chill thoroughly.
- Serve sauce with pears at room temperature or chilled.

Nutrition Facts

 PROTEIN 0.76%  FAT 1.69%  CARBS 97.55%

Properties

Glycemic Index:27.96, Glycemic Load:41.5, Inflammation Score:-1, Nutrition Score:3.6565216831539%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 281.96kcal (14.1%), Fat: 0.57g (0.87%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 73.31g (24.44%), Net Carbohydrates: 68.26g (24.82%), Sugar: 64.35g (71.5%), Cholesterol: 0mg (0%), Sodium: 13.9mg (0.6%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Fiber: 5.05g (20.21%), Manganese: 0.23mg (11.29%), Copper: 0.17mg (8.28%), Vitamin C: 6.4mg (7.75%), Vitamin K: 6.78µg (6.46%), Potassium: 176.45mg (5.04%), Magnesium: 13.25mg (3.31%), Calcium: 29.69mg (2.97%), Vitamin B2: 0.05mg (2.84%), Folate: 10.41µg (2.6%), Vitamin B6: 0.04mg (2.22%), Iron: 0.36mg (2.02%), Phosphorus: 18.32mg (1.83%), Vitamin E: 0.2mg (1.32%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.25mg (1.25%), Vitamin B1: 0.02mg (1.2%)