



Poached Pears with Cardamom Cream

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 peppercorns black
- 6 bosc pear peeled
- 2 cardamom pods crushed
- 2 cups orange juice
- 0.3 cup sugar
- 2 inch vanilla pod split
- 1.5 cups whipped cream
- 3 cups water

- 1.5 liter sparkling wine sweet

Equipment

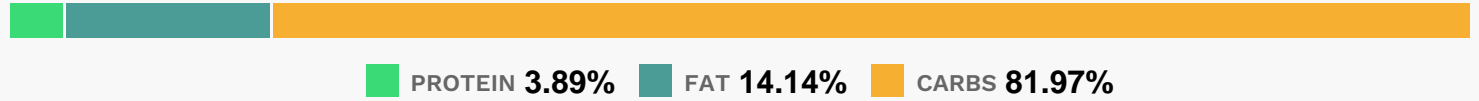
- bowl
- frying pan
- sauce pan
- pot
- sieve
- slotted spoon
- tongs
- melon baller

Directions

- To prepare pears, working with 1 pear at a time, hold pear, stem side down, in 1 hand. Make 3 or 4 quick cuts into pear from the bottom, using a melon baller (do not remove stem). If necessary, cut about 1/4 inch from base of each pear so they will sit flat when served.
- Combine 3 cups water and next 5 ingredients (through wine) in a large stockpot over medium heat; bring to a simmer. Cook 6 minutes or until sugar dissolves, stirring occasionally.
- Add pears. Using tongs, place a small clean plate on top of pears to weigh them down. Return to a simmer; cook 15 minutes or until tender.
- Remove pot from heat; cool mixture to room temperature. Cover and chill 4 hours or up to overnight (do not remove plate).
- To prepare cream, melt ice cream in a small heavy saucepan over medium-low heat.
- Remove from heat.
- Heat a small skillet over medium-high heat.
- Add cardamom; cook 2 minutes or until fragrant, shaking pan frequently. Stir cardamom into melted ice cream; cook over medium-low heat 5 minutes, stirring occasionally.
- Remove from heat. Strain mixture through a fine sieve over a bowl; discard solids. Cool cream to room temperature; cover and chill.
- Remove the plate from chilled pears.

- Remove pears from liquid with a slotted spoon; discard liquid. Spoon about 2 1/2 tablespoons cream onto bottom of each of 6 small dessert plates or shallow bowls; top each serving with 1 pear.
- Garnish with mint sprigs and ground cardamom, if desired.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:22.75, Inflammation Score:-8, Nutrition Score:10.632173991722%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg 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: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 365.56kcal (18.28%), Fat: 4.25g (6.53%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 49.26g (17.91%), Sugar: 42.48g (47.2%), Cholesterol: 14.52mg (4.84%), Sodium: 52.6mg (2.29%), Alcohol: 15.96g (100%), Alcohol %: 3.01% (100%), Protein: 2.63g (5.26%), Vitamin C: 49.33mg (59.79%), Fiber: 6.13g (24.51%), Potassium: 665.89mg (19.03%), Manganese: 0.3mg (14.97%), Magnesium: 53.99mg (13.5%), Copper: 0.24mg (12.04%), Phosphorus: 108.81mg (10.88%), Vitamin B2: 0.18mg (10.48%), Folate: 41.42µg (10.36%), Calcium: 96.43mg (9.64%), Iron: 1.62mg (9%), Vitamin K: 8.18µg (7.79%), Vitamin B6: 0.15mg (7.61%), Vitamin B1: 0.11mg (7.38%), Vitamin A: 349.31IU (6.99%), Zinc: 0.71mg (4.73%), Vitamin B3: 0.91mg (4.57%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.35mg (2.31%), Vitamin B12: 0.13µg (2.14%), Selenium: 1.41µg (2.01%)