



Poached Pears with Dessert Wine Sauce



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



4

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 sprig rosemary fresh
- ☐ 1 ground cinnamon to taste
- ☐ 1 juice of lemon juiced
- ☐ 4 servings mint sprigs fresh for garnish
- ☐ 1 orange zest
- ☐ 2 cans pears in syrup
- ☐ 1 cup port wine
- ☐ 0.3 cup raspberry filling

- ☐ 1 star anise
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 4 servings non-dairy whipped topping for garnish

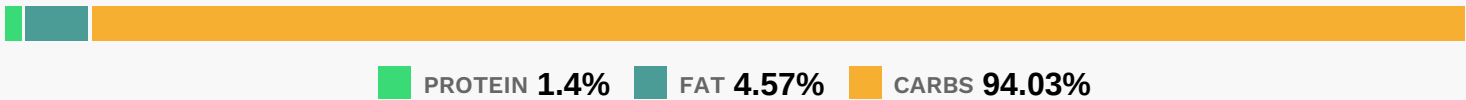
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Strain pears and discard syrup; set pears aside.
- ☐ Combine all ingredients, except the pears and raspberry filling, in a non-reactive saucepan and bring to a boil over high heat. Reduce the heat to a gentle simmer and add the pears.
- ☐ Add enough cold water to cover pears and simmer for 15 to 20 minutes. Once thickened, remove pears and chill.
- ☐ Add raspberry filling to port syrup and bring to a boil. Cook until reduced to the consistency of a glaze.
- ☐ Remove from heat and let cool to room temperature. Spoon pears into bowls and top with glaze.
- ☐ Garnish with whipped topping and fresh mint, if desired.

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:17.63, Inflammation Score:-4, Nutrition Score:2.7839130564876%

Flavonoids

Cyanidin: 4.59mg, Cyanidin: 4.59mg, Cyanidin: 4.59mg, Cyanidin: 4.59mg Petunidin: 4.01mg, Petunidin: 4.01mg, Petunidin: 4.01mg, Petunidin: 4.01mg Delphinidin: 2.47mg, Delphinidin: 2.47mg, Delphinidin: 2.47mg, Delphinidin: 2.47mg Malvidin: 56.91mg, Malvidin: 56.91mg, Malvidin: 56.91mg, Malvidin: 56.91mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 2.37mg, Peonidin: 2.37mg, Peonidin: 2.37mg, Peonidin: 2.37mg

Peonidin: 2.37mg Catechin: 6.05mg, Catechin: 6.05mg, Catechin: 6.05mg, Catechin: 6.05mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 225.47kcal (11.27%), Fat: 0.82g (1.27%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 36.52g (13.28%), Sugar: 31.79g (35.32%), Cholesterol: 0.09mg (0.03%), Sodium: 9.9mg (0.43%), Alcohol: 10.3g (100%), Alcohol %: 11.26% (100%), Protein: 0.57g (1.13%), Manganese: 0.32mg (15.93%), Vitamin C: 10.03mg (12.16%), Fiber: 1.59g (6.36%), Potassium: 108.05mg (3.09%), Calcium: 29.32mg (2.93%), Magnesium: 11.22mg (2.81%), Iron: 0.48mg (2.68%), Copper: 0.05mg (2.68%), Vitamin B2: 0.03mg (2.01%), Phosphorus: 15.52mg (1.55%), Vitamin B1: 0.02mg (1.51%), Folate: 5.91µg (1.48%), Vitamin B3: 0.28mg (1.39%), Vitamin A: 66.37IU (1.33%), Vitamin K: 1.22µg (1.16%), Vitamin B6: 0.02mg (1.03%)