



Poached Pears with Raspberries and Figs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 4 bartlett pears ripe
- ☐ 12 figs fresh cut in half lengthwise
- ☐ 0.5 cup regular honey
- ☐ 3 strips lemon rind 3-inch
- ☐ 1 cup raspberries fresh
- ☐ 0.5 cup sugar
- ☐ 1.5 inch vanilla pod split
- ☐ 4 cups water

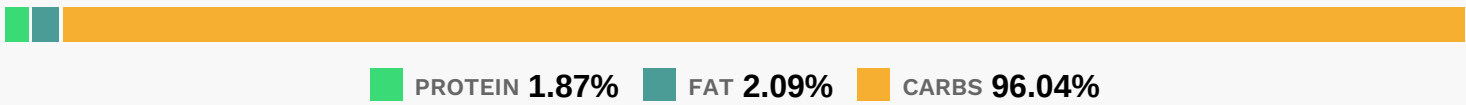
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Peel and core the pears.
- ☐ Cut each pear in half lengthwise.
- ☐ Combine water and the next 4 ingredients (water through whole cloves) in a large nonaluminum saucepan. Scrape seeds from the vanilla bean, and add to sugar mixture; discard bean. Bring sugar mixture to a simmer over medium heat, stirring occasionally.
- ☐ Place pears, cut sides up, in pan; simmer 25 minutes or until tender.
- ☐ Remove pear halves with a slotted spoon, reserving the sugar mixture; place pear halves in a large shallow dish. Cover and chill.
- ☐ Bring sugar mixture to a boil; cook until reduced to 1 cup (about 30 minutes). Cool.
- ☐ Serve each pear half with 2 tablespoons sauce, 2 tablespoons raspberries, and 3 fig halves; garnish with a mint sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:29.84, Inflammation Score:-3, Nutrition Score:5.250434751096%

Flavonoids

Cyanidin: 7.24mg, Cyanidin: 7.24mg, Cyanidin: 7.24mg, Cyanidin: 7.24mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 0.58g (0.89%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 59.63g (19.88%), Net Carbohydrates: 53.64g (19.51%), Sugar: 51.4g (57.11%), Cholesterol: 0mg (0%), Sodium: 8.7mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Fiber: 5.99g (23.96%), Manganese: 0.25mg (12.34%), Vitamin C: 9.94mg (12.04%), Potassium: 298.41mg (8.53%), Copper: 0.16mg (8.16%), Vitamin K: 8.08µg (7.69%), Vitamin B6: 0.12mg (6.09%), Magnesium: 23.05mg (5.76%), Vitamin B2: 0.08mg (4.53%), Calcium: 43.46mg (4.35%), Vitamin B1: 0.06mg (4.05%), Iron: 0.65mg (3.6%), Folate: 13.46µg (3.37%), Vitamin B5: 0.33mg (3.27%), Vitamin B3: 0.56mg (2.81%), Vitamin A: 136.56IU (2.73%), Phosphorus: 25.53mg (2.55%), Vitamin E: 0.32mg (2.14%), Zinc: 0.31mg (2.05%)