



Poached Pears with Raspberry-Balsamic Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 1.8 pounds bosc pears firm peeled
- 2 teaspoons honey
- 1 tablespoon juice of lemon
- 2 cups raspberries unsweetened frozen

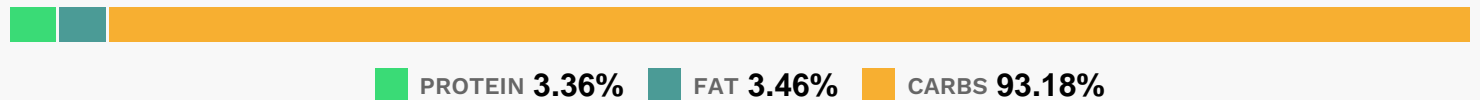
Equipment

- bowl
- sieve
- microwave

Directions

- Place the raspberries in a 3-quart casserole. Cover with lid; microwave at HIGH 2 1/2 minutes or until thoroughly heated. Press the raspberries through a fine sieve over a small bowl, reserving liquid; discard solids.
- Add vinegar, honey, and pepper to reserved raspberry liquid.
- Rub the pears with lemon juice.
- Place pears in casserole, and drizzle with raspberry sauce. Cover with lid. Microwave at HIGH for 8 minutes or until the pears are tender, stirring and spooning sauce over the pears after 4 minutes.

Nutrition Facts



Properties

Glycemic Index:49.26, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:8.0582608813825%

Flavonoids

Cyanidin: 31.55mg, Cyanidin: 31.55mg, Cyanidin: 31.55mg, Cyanidin: 31.55mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg Epicatechin: 9.57mg, Epicatechin: 9.57mg, Epicatechin: 9.57mg, Epicatechin: 9.57mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 159.46kcal (7.97%), Fat: 0.68g (1.04%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 31.08g (11.3%), Sugar: 25.57g (28.41%), Cholesterol: 0mg (0%), Sodium: 3.69mg (0.16%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.48g (2.97%), Fiber: 10.09g (40.34%), Vitamin C: 25.72mg (31.18%), Manganese: 0.51mg (25.69%), Vitamin K: 13.51µg (12.87%), Copper: 0.22mg (11.02%), Potassium: 331.79mg (9.48%), Magnesium: 27.97mg (6.99%), Folate: 27.32µg (6.83%), Vitamin E: 0.77mg (5.11%), Vitamin B6: 0.09mg (4.66%), Iron: 0.82mg (4.58%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 42.51mg (4.25%), Calcium: 34.65mg (3.47%), Vitamin B3: 0.69mg (3.43%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.3mg (3.03%), Vitamin B1: 0.04mg (2.93%), Vitamin A: 69.98IU (1.4%)