



Poached Pears with Spiced Caramel Sauce

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons almonds toasted chopped
- ☐ 6 firm-ripe anjou pears
- ☐ 0.3 teaspoon peppercorns black
- ☐ 5 cardamom pods
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.3 teaspoon fennel seeds
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups heavy cream

- ☐ 4 juice oranges
- ☐ 1 optional: lemon halved
- ☐ 0.3 cup brown sugar light packed
- ☐ 8 cups water

Equipment

- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ peeler

Directions

- ☐ Remove zest of oranges in strips with a vegetable peeler and cut away any white pith from strips. Squeeze juice from oranges and lemon into a 6-quart pot and add lemon halves, water, granulated sugar, and zest. Peel pears, leaving stems attached, and add to pot.
- ☐ Simmer pears 15 to 25 minutes, or until just tender, and cool in liquid. (Poached pears will continue to cook a bit as they cool.)
- ☐ Put granulated sugar in a 2-quart heavy saucepan and crumble brown sugar over. Melt sugars, undisturbed, over moderate heat until granulated sugar is mostly melted. Continue to cook, stirring occasionally with a fork, until a deep golden caramel. Carefully pour in cream (mixture will bubble up and caramel will harden slightly) and stir in clove, cardamom pods, fennel, peppercorns, and cinnamon sticks. Simmer, stirring, until caramel is dissolved and sauce is reduced to about 1, cups, about 10 minutes.
- ☐ Pour sauce through a sieve into a 2-cup measure and cool to just warm.
- ☐ Drain pears and pat dry, then transfer to plates.
- ☐ Serve drizzled with sauce and sprinkled with chopped nuts.
- ☐ • You can poach pears 2 days ahead and chill, covered, in poaching liquid. Bring pears to room temperature before serving. • Sauce may be made 2 days ahead and chilled, covered. Reheat to warm before serving.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:20, Inflammation Score:-6, Nutrition Score:11.133043429126%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 448.5kcal (22.42%), Fat: 25.02g (38.49%), Saturated Fat: 13.97g (87.33%), Carbohydrates: 59.17g (19.72%), Net Carbohydrates: 51.49g (18.73%), Sugar: 45.38g (50.42%), Cholesterol: 67.24mg (22.41%), Sodium: 37.26mg (1.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Manganese: 1.11mg (55.32%), Fiber: 7.67g (30.7%), Vitamin C: 18.28mg (22.16%), Vitamin A: 928.67IU (18.57%), Copper: 0.31mg (15.74%), Vitamin K: 11.11µg (10.58%), Vitamin E: 1.57mg (10.45%), Potassium: 362.57mg (10.36%), Calcium: 102.84mg (10.28%), Vitamin B2: 0.17mg (10.28%), Magnesium: 35.38mg (8.84%), Phosphorus: 78.07mg (7.81%), Iron: 1.16mg (6.45%), Vitamin D: 0.95µg (6.35%), Vitamin B6: 0.13mg (6.27%), Folate: 22.66µg (5.67%), Vitamin B1: 0.08mg (5.12%), Zinc: 0.64mg (4.28%), Selenium: 2.41µg (3.44%), Vitamin B5: 0.34mg (3.38%), Vitamin B3: 0.48mg (2.42%), Vitamin B12: 0.1µg (1.59%)