



Poached Pears with Spiced-Wine Syrup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 peppercorns black
- 4 bosc pears firm ripe
- 0.5 cup firmly brown sugar dark packed
- 1 stick cinnamon (3-inch)
- 1.5 cups cooking wine dry red
- 3 tablespoons honey
- 1 tablespoon juice of lemon fresh
- 1 teaspoon vanilla extract

1 cup water

Equipment

bowl

microwave

slotted spoon

melon baller

Directions

Combine first 8 ingredients in a 3-quart microwave-safe dish; microwave at HIGH 5 minutes or until mixture boils.

Peel and core pears, leaving stems intact. Slice about 1/4 inch from base of each pear so it will sit flat.

Add pears to poaching liquid; cover and microwave at HIGH 10 minutes, or until tender.

Let cool in dish 5 minutes.

Remove pears with a slotted spoon; set aside.

Microwave liquid at HIGH 5 minutes or until reduced to 1 cup.

Place each pear in a shallow bowl. Spoon 1/4 cup sauce over each pear.

Note: Look for pears that have long stems for a dramatic presentation. To core a pear, hold it in your left hand. Using a melon baller, make three or four quick cuts into pear from the bottom. Leftover pears will keep in the refrigerator for up to 3 days.

Nutrition Facts

 PROTEIN 1.19%  FAT 0.87%  CARBS 97.94%

Properties

Glycemic Index:31.51, Glycemic Load:14.73, Inflammation Score:-5, Nutrition Score:4.8382608683213%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin:

1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 7.41mg, Catechin: 7.41mg, Catechin: 7.41mg, Catechin: 7.41mg
Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg
Epicatechin: 16.29mg, Epicatechin: 16.29mg, Epicatechin: 16.29mg, Epicatechin: 16.29mg Epicatechin 3-gallate:
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Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin:
0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin:
0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.25mg,
Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin:
2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 335.03kcal (16.75%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 70.6g (23.53%),
Net Carbohydrates: 64.51g (23.46%), Sugar: 57.2g (63.56%), Cholesterol: 0mg (0%), Sodium: 13.33mg (0.58%),
Alcohol: 9.79g (100%), Alcohol %: 3.3% (100%), Protein: 0.86g (1.72%), Fiber: 6.09g (24.35%), Manganese: 0.3mg
(15.15%), Vitamin C: 9.22mg (11.17%), Copper: 0.18mg (9.08%), Vitamin K: 8.51µg (8.11%), Potassium: 263.68mg
(7.53%), Calcium: 51.77mg (5.18%), Magnesium: 17.14mg (4.28%), Iron: 0.68mg (3.79%), Vitamin B6: 0.07mg (3.54%),
Folate: 13.9µg (3.47%), Vitamin B2: 0.05mg (3.21%), Phosphorus: 24.41mg (2.44%), Vitamin B3: 0.36mg (1.79%), Zinc:
0.25mg (1.66%), Vitamin E: 0.24mg (1.61%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.15mg (1.46%)