



Poached Pears with Sweet Wine and Fruit Confetti



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 small anjou pear firm ripe peeled
- ☐ 1.5 teaspoons tapioca/arrowroot flour
- ☐ 0.5 cup cantaloupe peeled seeded chopped
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup kiwi fruit peeled chopped
- ☐ 6 servings mint leaves fresh
- ☐ 2 cups pear nectar

- ☐ 0.5 cup strawberries hulled quartered
- ☐ 1 vanilla pod split
- ☐ 3.5 cups red wine sweet (such as Moscato)

Equipment

- ☐ bowl
- ☐ pot
- ☐ melon baller

Directions

- ☐ Using melon baller, remove core from bottom end of pears.
- ☐ Combine wine, pear nectar and cinnamon stick in large pot. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Add pears (liquid should cover pears halfway). Reduce heat to medium-low; cook until pears are tender, about 10 minutes, turning pears halfway through.
- ☐ Transfer pears and cooking liquid to large bowl. Cool completely.
- ☐ Drain poaching liquid back into pot.
- ☐ Mix 2 tablespoons liquid with arrowroot in small bowl; return to pot. Boil until sauce thickens and is reduced to 2 cups, stirring occasionally, about 12 minutes. Cool sauce to room temperature. (Pears and sauce can be prepared 1 day ahead. Cover separately and refrigerate. Bring to room temperature before serving.)
- ☐ Spoon sauce into 6 shallow bowls.
- ☐ Place pears atop sauce.
- ☐ Sprinkle kiwi, cantaloupe and strawberries around pears.
- ☐ Garnish with mint and serve.
- ☐ Per serving: calories, 166; total fat, 0; saturated fat, 0; cholesterol,
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 2.39%**  **FAT 2.3%**  **CARBS 95.31%**

Properties

Glycemic Index:50.32, Glycemic Load:9.65, Inflammation Score:-7, Nutrition Score:8.4878261452136%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Petunidin: 2.79mg, Petunidin: 2.79mg, Petunidin: 2.79mg, Petunidin: 2.79mg Delphinidin: 2.85mg, Delphinidin: 2.85mg, Delphinidin: 2.85mg, Delphinidin: 2.85mg Malvidin: 19.38mg, Malvidin: 19.38mg, Malvidin: 19.38mg, Malvidin: 19.38mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 10.77mg, Catechin: 10.77mg, Catechin: 10.77mg, Catechin: 10.77mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 10.96mg, Epicatechin: 10.96mg, Epicatechin: 10.96mg, Epicatechin: 10.96mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 277.96kcal (13.9%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 38.8g (14.11%), Sugar: 30.94g (34.38%), Cholesterol: 0mg (0%), Sodium: 15.66mg (0.68%), Alcohol: 14.84g (100%), Alcohol %: 4.53% (100%), Protein: 1.13g (2.26%), Vitamin C: 27.15mg (32.91%), Fiber: 6.3g (25.2%), Manganese: 0.47mg (23.27%), Vitamin K: 15.32µg (14.59%), Potassium: 437.13mg (12.49%), Copper: 0.24mg (11.76%), Vitamin A: 550.04IU (11%), Magnesium: 36.49mg (9.12%), Vitamin B6: 0.16mg (7.83%), Iron: 1.37mg (7.58%), Phosphorus: 63.78mg (6.38%), Vitamin B2: 0.11mg (6.21%), Folate: 22.42µg (5.61%), Calcium: 45.64mg (4.56%), Vitamin B3: 0.88mg (4.38%), Zinc: 0.52mg (3.47%), Vitamin E: 0.47mg (3.11%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.2mg (1.96%), Selenium: 0.75µg (1.07%)