



Poached Pears with Vanilla-Honey Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 4 medium anjou pears cored peeled cut in half lengthwise
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.5 cup honey
- ☐ 4 servings vanilla-honey yogurt sauce
- ☐ 1.8 cups water

Equipment

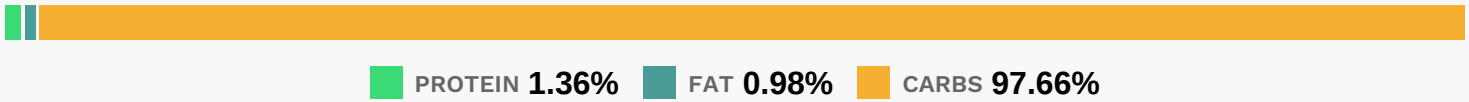
- ☐ frying pan

- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine water and honey in a large nonstick skillet; stir with a wire whisk until blended.
- ☐ Add cinnamon sticks. Arrange pear halves, cut sides down, in a single layer in skillet; bring to a simmer over medium–low heat. Cook 10 minutes, basting occasionally with cooking liquid. Turn pears over; cook 10 minutes, basting occasionally. Turn pears over, and cook an additional 10 minutes or until tender, basting occasionally.
- ☐ Remove pears from skillet with a slotted spoon, and place 2 pear halves in each of 4 individual dessert dishes; set aside, and keep warm.
- ☐ Bring cooking liquid to a boil over high heat, and cook 7 minutes or until reduced to 1/2 cup. Discard cinnamon sticks. Spoon 2 tablespoons cooking liquid over each serving, and top each with 2 tablespoons Vanilla–Honey Yogurt Sauce.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:26.15, Inflammation Score:–2, Nutrition Score:5.0413042967734%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 235.45kcal (11.77%), Fat: 0.28g (0.44%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 63.52g (21.17%), Net Carbohydrates: 56.99g (20.72%), Sugar: 52.32g (58.13%), Cholesterol: 0.05mg (0.02%), Sodium: 9.49mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Fiber: 6.53g (26.13%), Manganese: 0.43mg (21.25%), Vitamin C: 7.94mg (9.62%), Copper: 0.18mg (9.19%), Vitamin K: 8.38µg (7.98%), Potassium: 238.25mg (6.81%), Calcium: 40.91mg (4.09%), Magnesium: 15.55mg (3.89%), Vitamin B2: 0.07mg (3.83%), Iron:

0.64mg (3.58%), Folate: 13.52µg (3.38%), Vitamin B6: 0.06mg (3.25%), Phosphorus: 25.52mg (2.55%), Zinc: 0.32mg (2.15%), Vitamin B3: 0.36mg (1.81%), Vitamin E: 0.25mg (1.7%), Vitamin B1: 0.02mg (1.48%), Vitamin B5: 0.13mg (1.28%)