



Poached Pears with White Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

Ingredients

- 6 servings mrs richardson's butterscotch caramel sauce white
- 6 servings garnish: chocolate sauce
- 6 small pears firm cored peeled
- 0.8 cup sugar
- 8 cups water

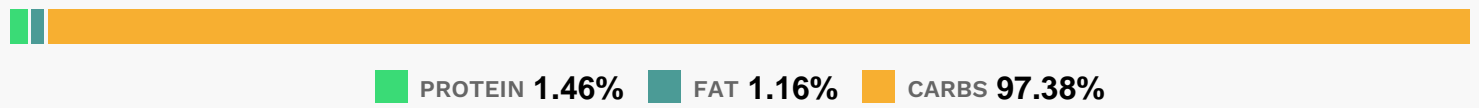
Equipment

- dutch oven

Directions

- Bring 8 cups water and sugar to a boil in a Dutch oven.
- Add pears; cover, reduce heat, and simmer 12 to 15 minutes or until tender.
- Remove from heat; uncover and let cool.
- Cover pears, and chill 8 hours, if desired.
- Drain pears, and cut into thin slices, keeping stems intact.
- Serve with White Caramel Sauce; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:24.03, Inflammation Score:-2, Nutrition Score:3.6247825933539%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 270.51kcal (13.53%), Fat: 0.38g (0.58%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 70.82g (23.61%), Net Carbohydrates: 66.21g (24.08%), Sugar: 62.53g (69.48%), Cholesterol: 0.01mg (0%), Sodium: 157.36mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Fiber: 4.62g (18.46%), Copper: 0.18mg (8.85%), Vitamin C: 6.57mg (7.96%), Vitamin K: 6.54µg (6.23%), Potassium: 201.42mg (5.75%), Manganese: 0.1mg (4.79%), Calcium: 43.12mg (4.31%), Magnesium: 15.99mg (4%), Phosphorus: 34.33mg (3.43%), Folate: 11.2µg (2.8%), Vitamin B2: 0.04mg (2.6%), Vitamin B6: 0.04mg (2.16%), Iron: 0.29mg (1.62%), Vitamin E: 0.22mg (1.49%), Vitamin A: 73.02IU (1.46%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.07µg (1.21%), Vitamin B1: 0.02mg (1.21%), Vitamin B3: 0.24mg (1.2%), Selenium: 0.84µg (1.2%)