



Poached Raspberry Pears

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup alouette garlic & herbs spreadable cheese seedless
- ☐ 1 cup apple juice
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon
- ☐ 3 bosc pear firm peeled cut into fourths

Equipment

- ☐ frying pan

Directions

- ☐ Mix all ingredients except pears in 10-inch skillet.
- ☐ Add pears.
- ☐ Heat to boiling; reduce heat to medium-low. Simmer uncovered about 30 minutes, spooning juice mixture over pears and turning every 10 minutes, until pears are tender.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:5.83, Inflammation Score:-1, Nutrition Score:2.2891304356896%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 136.66kcal (6.83%), Fat: 6.74g (10.37%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 17.36g (6.31%), Sugar: 12.81g (14.23%), Cholesterol: 20.47mg (6.82%), Sodium: 104.99mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Fiber: 2.93g (11.71%), Vitamin C: 6.99mg (8.48%), Potassium: 151.2mg (4.32%), Copper: 0.08mg (3.97%), Vitamin K: 3.92µg (3.73%), Manganese: 0.07mg (3.7%), Magnesium: 8.7mg (2.17%), Vitamin B2: 0.03mg (1.85%), Folate: 7.32µg (1.83%), Vitamin B6: 0.04mg (1.83%), Phosphorus: 14.05mg (1.41%), Vitamin B1: 0.02mg (1.4%), Calcium: 12.51mg (1.25%), Iron: 0.22mg (1.22%)