



Poached Seckel Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 2 cinnamon sticks (3 in.)
- ☐ 8 oz firm-ripe seckel pears
- ☐ 1 cup sugar
- ☐ 1 vanilla pod (4 in.)
- ☐ 4 star anise whole
- ☐ 750 ml beaujolais nouveau
- ☐ 750 ml beaujolais nouveau

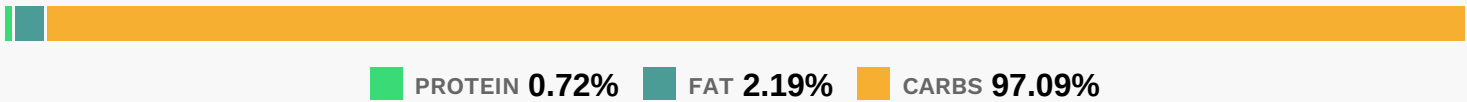
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a 1 1/2- to 2-quart pan over medium heat, combine Beaujolais Nouveau, sugar, star anise, cloves, and cinnamon sticks.
- ☐ Split vanilla bean lengthwise and scrape seeds into wine mixture; add pod. Simmer, stirring occasionally, for 10 minutes.
- ☐ Meanwhile, peel pears (leave stems on) and add to pan; reduce heat to low, cover, and cook until pears are tender when pierced, 10 to 15 minutes. Remove from heat and let stand, covered, for 1 hour.
- ☐ With a slotted spoon, transfer pears to small bowls and return pan with poaching liquid to medium-high heat. Cook, stirring occasionally, until reduced to 1 cup, about 30 minutes.
- ☐ Drizzle liquid over pears; garnish with whole spices.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:37.47, Inflammation Score:-1, Nutrition Score:2.576956488516%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 235.45kcal (11.77%), Fat: 0.61g (0.93%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 57.81g (21.02%), Sugar: 55.47g (61.63%), Cholesterol: 0mg (0%), Sodium: 1.4mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Manganese: 0.36mg (17.89%), Fiber: 2.83g

(11.33%), Iron: 0.64mg (3.57%), Vitamin C: 2.71mg (3.29%), Copper: 0.06mg (3.25%), Calcium: 29.6mg (2.96%),
Vitamin K: 3.04µg (2.9%), Potassium: 88.72mg (2.53%), Magnesium: 6.72mg (1.68%), Vitamin B2: 0.03mg (1.64%),
Vitamin B6: 0.03mg (1.29%), Phosphorus: 12.32mg (1.23%), Folate: 4.17µg (1.04%)