



## Poires Au Vin Rouge ( Pears in Red Wine)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cinnamon sticks
- 1 strip orange zest
- 6 large pears firm
- 3 cups red wine
- 1 cup sugar white

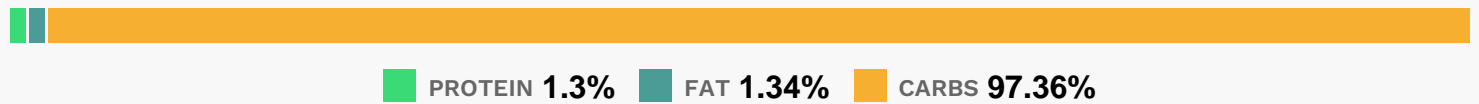
### Equipment

- sauce pan
- sieve

## Directions

- Combine the red wine, sugar, cinnamon, cloves, orange zest, fennel seed, peppercorns, and bay leaves in a large saucepan. Peel the pears, and remove the cores from the bottom, leaving the stems intact; set aside. Bring the wine to a boil over high heat, stirring until the sugar has dissolved.
- Add the pears, return to a simmer, then reduce the heat to medium-low, and continue simmering until tender, about 25 minutes.
- Remove the pears from the wine syrup, cover, and refrigerate until cold. Strain the syrup through a mesh sieve, and discard the spices. Simmer the syrup over medium heat until thickened enough to coat the back of a spoon. Refrigerate the syrup until cold.
- Once the syrup is cold, pour over the pears, cover, and chill at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.14, Glycemic Load:33.98, Inflammation Score:-6, Nutrition Score:6.7743478132331%

## Flavonoids

Cyanidin: 4.97mg, Cyanidin: 4.97mg, Cyanidin: 4.97mg, Cyanidin: 4.97mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg Epicatechin: 13.2mg, Epicatechin: 13.2mg, Epicatechin: 13.2mg, Epicatechin: 13.2mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

## Nutrients (% of daily need)

Calories: 364.64kcal (18.23%), Fat: 0.44g (0.68%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 72.32g (24.11%), Net Carbohydrates: 64.53g (23.47%), Sugar: 56.46g (62.73%), Cholesterol: 0mg (0%), Sodium: 7.56mg (0.33%), Alcohol: 12.72g (100%), Alcohol %: 4.19% (100%), Protein: 0.96g (1.93%), Fiber: 7.78g (31.14%), Manganese: 0.47mg (23.7%), Vitamin C: 10.39mg (12.59%), Potassium: 425.6mg (12.16%), Vitamin K: 10.96µg (10.44%), Copper: 0.21mg (10.42%), Magnesium: 31.27mg (7.82%), Vitamin B6: 0.14mg (6.88%), Vitamin B2: 0.1mg (6.12%), Iron: 1.08mg (6.01%), Phosphorus: 56.02mg (5.6%), Folate: 17.47µg (4.37%), Calcium: 42.86mg (4.29%), Vitamin B3: 0.66mg (3.29%), Zinc: 0.42mg (2.82%), Vitamin B1: 0.03mg (2.28%), Vitamin E: 0.3mg (2.03%), Vitamin B5: 0.15mg (1.55%), Vitamin A: 64.74IU (1.29%), Selenium: 0.71µg (1.01%)