



Pomegranate-Poached Pears with Orange-Ginger Mascarpone Whipped Cream



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 2 bosc pear cored peeled quartered
- ☐ 1 cup pomegranate juice
- ☐ 5 tablespoons granulated sugar
- ☐ 2 cranberry-orange relish
- ☐ 0.3 cup mascarpone cheese softened
- ☐ 0.5 cup whipping cream
- ☐ 2 tablespoons powdered sugar

☐ 1 teaspoon ginger grated

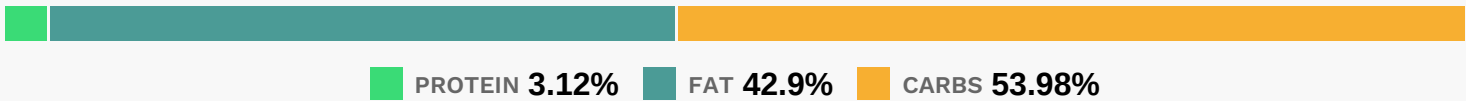
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Place quartered pears in 2-quart saucepan.
- ☐ Add pomegranate juice and granulated sugar (if pears are not completely submerged, add more juice and sugar).
- ☐ Heat to boiling. Cover with lid slightly ajar. Reduce heat; simmer 20 minutes or until pears are soft when pierced with fork.
- ☐ Meanwhile, grate peel from oranges; set aside. In large bowl, place mascarpone cheese.
- ☐ Cut oranges in half; squeeze juice over mascarpone in bowl. Using electric hand mixer on low speed, beat until well blended.
- ☐ Add grated orange peel, whipping cream, powdered sugar and gingerroot; beat on low speed until combined. Increase speed to medium; beat until soft peaks begin to form.
- ☐ On each dessert plate, place 2 warm pear quarters. Spoon whipped cream over top.

Nutrition Facts



Properties

Glycemic Index:41.09, Glycemic Load:17.06, Inflammation Score:-6, Nutrition Score:7.9165218472481%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg 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
Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg,
Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg,
Luteolin: 0.12mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin:
0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin:
1.73mg

Nutrients (% of daily need)

Calories: 353.27kcal (17.66%), Fat: 17.5g (26.93%), Saturated Fat: 10.86g (67.86%), Carbohydrates: 49.56g (16.52%),
Net Carbohydrates: 45.16g (16.42%), Sugar: 42.4g (47.12%), Cholesterol: 47.68mg (15.89%), Sodium: 22.55mg
(0.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin C: 38.94mg (47.2%), Fiber: 4.4g
(17.61%), Vitamin A: 803.83IU (16.08%), Potassium: 385.73mg (11.02%), Vitamin K: 11.34µg (10.8%), Folate: 42.06µg
(10.52%), Calcium: 80.65mg (8.06%), Vitamin B2: 0.12mg (6.96%), Copper: 0.12mg (6.06%), Manganese: 0.12mg
(6.02%), Vitamin B1: 0.08mg (5.54%), Vitamin B6: 0.1mg (5.06%), Vitamin E: 0.74mg (4.91%), Magnesium: 19.43mg
(4.86%), Vitamin B5: 0.46mg (4.62%), Phosphorus: 44.12mg (4.41%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.5mg
(2.48%), Selenium: 1.61µg (2.3%), Iron: 0.33mg (1.84%), Zinc: 0.27mg (1.77%)