



Pomegranate Poached Pears with Yogurt Sauce



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 6 bosc pear firm ripe
- ☐ 2 cups pomegranate juice
- ☐ 0.5 cup water
- ☐ 2 tablespoons sugar
- ☐ 1 cinnamon sticks
- ☐ 6 oz yogurt

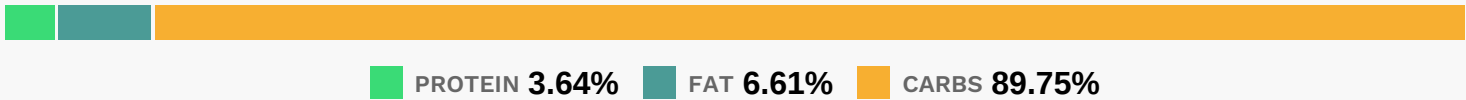
Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Peel pears, leaving stems intact.
- ☐ Cut slice from bottom of each pear so it will stand upright when served; set aside. In 2-quart saucepan, heat pomegranate juice, water, sugar and cinnamon stick over medium heat until sugar is dissolved.
- ☐ Add pears; cover and simmer 15 to 20 minutes, spooning sauce over pears occasionally, until pears are tender when pierced with tip of sharp knife.
- ☐ Remove pears from syrup. Cook syrup over medium-high heat 15 to 20 minutes, stirring occasionally, until thickened.
- ☐ Spoon 1 1/2 tablespoons yogurt onto each plate, drizzle 2 teaspoons syrup over yogurt. Top with pears.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:10.97, Inflammation Score:-3, Nutrition Score:6.2799999895303%

Flavonoids

Cyanidin: 5.66mg, Cyanidin: 5.66mg, Cyanidin: 5.66mg, Cyanidin: 5.66mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 180.41kcal (9.02%), Fat: 1.43g (2.2%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 37.79g (13.74%), Sugar: 33.14g (36.82%), Cholesterol: 3.69mg (1.23%), Sodium: 23.37mg (1.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Fiber: 5.91g (23.64%), Vitamin K: 16.7µg (15.91%), Manganese: 0.27mg (13.37%), Potassium: 430.64mg (12.3%), Vitamin C: 7.9mg (9.58%), Folate: 34.4µg (8.6%), Copper: 0.17mg (8.57%), Calcium: 65.93mg (6.59%), Vitamin B2: 0.1mg (5.88%), Phosphorus: 57.8mg (5.78%), Magnesium: 22.22mg (5.55%), Vitamin B6: 0.09mg (4.74%), Vitamin B5: 0.44mg (4.36%), Vitamin E: 0.56mg (3.73%), Zinc: 0.43mg (2.89%), Vitamin B1: 0.04mg (2.81%), Iron: 0.47mg (2.6%), Vitamin B3: 0.51mg (2.55%), Vitamin B12: 0.1µg (1.75%), Selenium: 1.09µg (1.56%), Vitamin A: 74.29IU (1.49%)