



Preserved Pears

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 5 pounds bartlett pears
- 2 cups sugar
- 2 quarts water
- 2 star anise
- 4 cardamom pods
- 1 stick cinnamon

Equipment

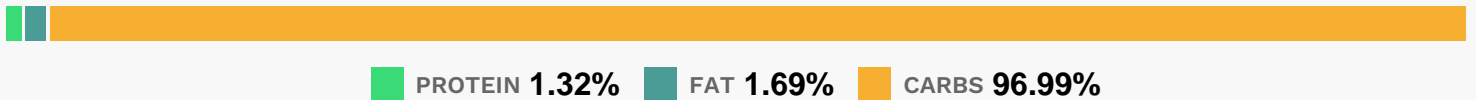
- bowl

- paper towels
- pot
- canning jar

Directions

- Prepare the pears: Peel, core, and quarter the pears.
- Add them to a bowl of cold water that has been acidified with lemon juice or citric acid (can use the contents of a vitamin C capsule), to help prevent discoloration of the pears from oxidation.
- Boil water with sugar and spices: In a large (5 or 6 quart) pot, add the sugar, water, and spices. Bring to a boil.
- Transfer the pear quarters from their lemon solution to the boiling sugar water.
- Let come to a boil again, cook for 5 minutes.
- Pack the jars with pears: Pack your canning jars with the pears.
- Pour the remaining syrup over the pears to cover, leaving 1/2-inch of headroom from the tops of the jars. Wipe the rims with a paper towel. Put on the lids.
- Water bath: If you're canning pears for long term shelf storage (up to a year), place in a water bath for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.02, Glycemic Load:65.04, Inflammation Score:-3, Nutrition Score:8.8878260695416%

Nutrients (% of daily need)

Calories: 501.51kcal (25.08%), Fat: 0.97g (1.49%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 124.69g (41.56%), Net Carbohydrates: 112.24g (40.81%), Sugar: 103.17g (114.64%), Cholesterol: 0mg (0%), Sodium: 20.57mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Fiber: 12.45g (49.8%), Manganese: 0.63mg (31.27%), Vitamin C: 17mg (20.61%), Copper: 0.36mg (18%), Vitamin K: 14.55µg (13.85%), Potassium: 405.34mg (11.58%), Magnesium: 29.8mg (7.45%), Vitamin B2: 0.11mg (6.74%), Iron: 1.11mg (6.16%), Calcium: 57.25mg (5.73%), Folate: 22.75µg (5.69%), Vitamin B6: 0.1mg (5.22%), Phosphorus: 45.79mg (4.58%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.47mg (3.12%), Vitamin E: 0.47mg (3.11%), Vitamin A: 108.6IU (2.17%), Vitamin B5: 0.16mg

(1.64%), Selenium: 0.81µg (1.16%)