



Red Wine Poached Pears

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 bartlett pears cored peeled halved
- ☐ 1 cinnamon sticks (4 in. long)
- ☐ 2 cups cooking wine dry red
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup mascarpone cheese
- ☐ 1 navel oranges quartered
- ☐ 1.5 cups sugar divided

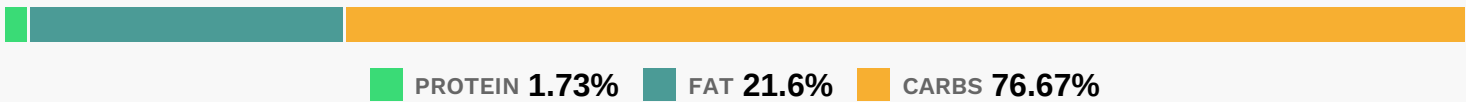
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a 3- to 4-qt. saucepan, combine wine, orange pieces, 1 1/2 cups sugar, the cinnamon, cloves, and 2 cups water and bring to boil over high heat.
- ☐ Add pears, reduce heat to a simmer, and place on top of pears to submerge them in liquid. Cook, covered, until pears are tender when pierced, about 15 minutes.
- ☐ Meanwhile, in a small bowl, whisk together cheese, cream, and 2 tbsp. sugar until very thick.
- ☐ Serve pear halves in shallow bowls, each with about 1/4 cup of the poaching liquid and a dollop of the sweetened cheese. Save remaining liquid for another use, such as making hot spiced wine, if you like.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:56.72, Inflammation Score:-7, Nutrition Score:5.12999999134444%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 577.59kcal (28.88%), Fat: 12.14g (18.68%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 96.98g (32.33%), Net Carbohydrates: 92.98g (33.81%), Sugar: 86.9g (96.56%), Cholesterol: 30.87mg (10.29%), Sodium:

13.83mg (0.6%), Alcohol: 12.6g (100%), Alcohol %: 4.58% (100%), Protein: 2.19g (4.38%), Vitamin C: 24.72mg (29.97%), Fiber: 3.99g (15.97%), Vitamin A: 529.49IU (10.59%), Manganese: 0.2mg (9.95%), Calcium: 62.08mg (6.21%), Vitamin B2: 0.08mg (4.92%), Potassium: 167.39mg (4.78%), Copper: 0.09mg (4.65%), Folate: 17.89µg (4.47%), Vitamin K: 4.13µg (3.93%), Vitamin B6: 0.06mg (2.87%), Phosphorus: 27.03mg (2.7%), Magnesium: 10.76mg (2.69%), Vitamin B1: 0.04mg (2.51%), Vitamin E: 0.32mg (2.11%), Iron: 0.34mg (1.89%), Vitamin B5: 0.17mg (1.7%), Vitamin D: 0.24µg (1.59%), Vitamin B3: 0.32mg (1.58%), Selenium: 1.01µg (1.45%), Zinc: 0.16mg (1.06%)