



Red Wine Poached Pears with Chocolate Filling



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



389 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 11 ounce chocolate sauce (such as Fran's®)
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 4 pears peeled to taste
- ☐ 1.5 cups red wine
- ☐ 1 star anise pod
- ☐ 1 cup water

☐ 0.7 cup sugar white

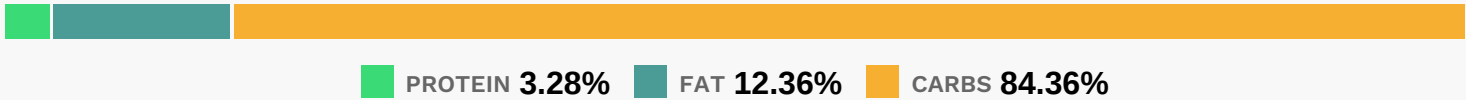
Equipment

☐ sauce pan

Directions

- ☐ Cut bottom off each pear and core from the bottom to give each pear a flat bottom to stand upright.
- ☐ Combine wine, water, sugar, lemon juice, cinnamon, and star anise in a large saucepan; bring to a boil. Reduce heat and arrange pears on their sides in the saucepan. Simmer pears for 10 to 12 minutes. Turn pears and continue simmering until tender and easily poked with a fork, 8 to 10 minutes. Work in batches if needed.
- ☐ Remove pears from wine mixture and place in a serving dish, standing upright. Continue boiling wine sauce until reduced to about 3/4 cup, 5 to 10 more minutes.
- ☐ Fill each pear's core cavity with chocolate sauce.
- ☐ Pour wine sauce over each pear.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:21.04, Inflammation Score:-4, Nutrition Score:6.6908696190171%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg

1.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 389.41kcal (19.47%), Fat: 4.91g (7.55%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 75.39g (25.13%), Net Carbohydrates: 69.87g (25.41%), Sugar: 52.35g (58.16%), Cholesterol: 0.52mg (0.17%), Sodium: 185.75mg (8.08%), Alcohol: 6.36g (100%), Alcohol %: 2.7% (100%), Caffeine: 3.64mg (1.21%), Protein: 2.93g (5.87%), Manganese: 0.45mg (22.54%), Fiber: 5.53g (22.11%), Copper: 0.3mg (14.86%), Potassium: 372.33mg (10.64%), Magnesium: 41.83mg (10.46%), Vitamin E: 1.53mg (10.22%), Vitamin C: 7.2mg (8.73%), Phosphorus: 80.01mg (8%), Iron: 1.3mg (7.21%), Vitamin K: 6.97µg (6.64%), Vitamin B2: 0.1mg (6.03%), Calcium: 50.41mg (5.04%), Zinc: 0.66mg (4.43%), Vitamin B6: 0.08mg (4.17%), Folate: 12.04µg (3.01%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.47mg (2.37%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.15mg (1.48%)