



WHATSheATE



## Roasted Bosc Pears with Pomegranate Glaze



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



6 servings purchased biscotti



6 bosc pear with stems, peeled



1 cinnamon sticks



0.8 cup wine dry red such as syrah or zinfandel



2 teaspoons orange zest grated



0.8 cup pomegranate juice



0.5 cup sugar



6 servings whipped cream

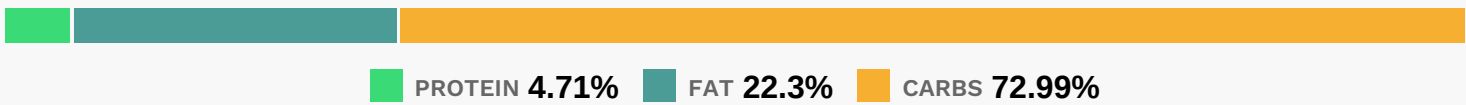
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ spatula
- ☐ melon baller

## Directions

- ☐ Preheat oven to 350°F. Stir wine, pomegranate juice, sugar, cinnamon stick, and orange peel in medium saucepan over medium heat until sugar dissolves, about 3 minutes.
- ☐ Using small melon baller, core pears from bottom of wide end. Trim bottoms flat and stand upright in 8x8x2-inch baking dish.
- ☐ Pour pomegranate-wine sauce over pears. Roast pears until tender when pierced with knife, basting pears with sauce every 20 minutes, about 1 hour. Using spatula, transfer roasted pears to serving platter.
- ☐ Transfer pan juices to small saucepan. Simmer until reduced to 2/3 cup, about 5 minutes. (Can be made 4 hours ahead.)
- ☐ Let sauce and pears stand at room temperature. Rewarm sauce before continuing.)
- ☐ Spoon glaze over pears.
- ☐ Serve warm or at room temperature with vanilla ice cream and biscotti.

## Nutrition Facts



## Properties

Glycemic Index:28.81, Glycemic Load:28.78, Inflammation Score:-5, Nutrition Score:7.3465217559234%

## Flavonoids

Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 9.89mg, Epicatechin: 9.89mg, Epicatechin: 9.89mg, Epicatechin: 9.89mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 438.44kcal (21.92%), Fat: 10.74g (16.52%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 79.09g (26.36%), Net Carbohydrates: 72.69g (26.43%), Sugar: 59.09g (65.66%), Cholesterol: 49.64mg (16.55%), Sodium: 124.23mg (5.4%), Alcohol: 3.15g (100%), Alcohol %: 1.16% (100%), Protein: 5.1g (10.21%), Fiber: 6.39g (25.57%), Vitamin B2: 0.21mg (12.55%), Potassium: 408.69mg (11.68%), Manganese: 0.22mg (11.14%), Calcium: 111.01mg (11.1%), Vitamin C: 9.01mg (10.92%), Vitamin K: 11.45µg (10.9%), Phosphorus: 94.6mg (9.46%), Copper: 0.17mg (8.57%), Vitamin A: 426.88IU (8.54%), Magnesium: 24.38mg (6.09%), Folate: 23.47µg (5.87%), Vitamin B5: 0.56mg (5.65%), Vitamin B6: 0.1mg (4.89%), Iron: 0.83mg (4.63%), Zinc: 0.68mg (4.5%), Vitamin B12: 0.26µg (4.29%), Vitamin E: 0.55mg (3.63%), Vitamin B1: 0.05mg (3.6%), Selenium: 1.58µg (2.26%), Vitamin B3: 0.45mg (2.25%)