



Rosé-Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



391 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 large but bosc pears firm ripe
- ☐ 1 cinnamon sticks
- ☐ 1 piece lemon zest
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 750 ml rosé wine dry

Equipment

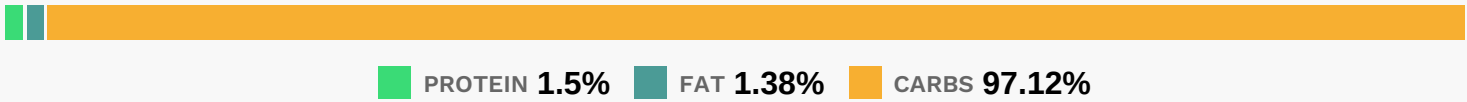
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ melon baller

Directions

- ☐ Combine wine, sugar, lemon zest, vanilla and cinnamon stick in a wide saucepan. Bring to a boil over high heat, stirring just until sugar has dissolved. Reduce heat to medium and simmer for 2 minutes to blend flavors.
- ☐ Peel pears and cut in half lengthwise. Use a small spoon or a melon baller to scoop out center core and seeds. Working quickly, gently lower pears into poaching liquid.
- ☐ Place a clean kitchen towel over pears to keep them in liquid. (Be sure all pear halves are submerged.
- ☐ Add water or cook in batches, if necessary.) Simmer until pears are tender when pierced with a knife, 15 to 25 minutes, depending on ripeness. Use a slotted spoon to transfer pears to a large bowl.
- ☐ Raise heat to high and bring poaching liquid back to a boil. Boil rapidly until liquid has reduced and thickened slightly, 20 to 25 minutes. Cool slightly, remove cinnamon stick and pour liquid over pears.
- ☐ Serve warm or cover, refrigerate and serve chilled.

Nutrition Facts



Properties

Glycemic Index:31.71, Glycemic Load:28.47, Inflammation Score:-6, Nutrition Score:7.2660869722781%

Flavonoids

Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-

gallate: 0.05mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 390.97kcal (19.55%), Fat: 0.42g (0.64%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 66.11g (22.04%), Net Carbohydrates: 58.35g (21.22%), Sugar: 49.09g (54.54%), Cholesterol: 0mg (0%), Sodium: 12.33mg (0.54%), Alcohol: 20.13g (100%), Alcohol %: 5.69% (100%), Protein: 1.02g (2.04%), Fiber: 7.75g (31.01%), Manganese: 0.5mg (25.12%), Vitamin C: 11.86mg (14.37%), Potassium: 463.25mg (13.24%), Copper: 0.21mg (10.44%), Vitamin K: 10.39µg (9.9%), Magnesium: 37.89mg (9.47%), Vitamin B6: 0.17mg (8.68%), Iron: 1.22mg (6.76%), Phosphorus: 66.44mg (6.64%), Vitamin B2: 0.11mg (6.52%), Calcium: 47.05mg (4.71%), Folate: 18.25µg (4.56%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.5mg (3.34%), Vitamin B1: 0.04mg (2.55%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 60.83IU (1.22%), Selenium: 0.8µg (1.14%)