



Sauvignon Blanc-Poached Pears with Spicy Pepitas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



571 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pinch ground pepper
- ☐ 1 cinnamon sticks (3 in. long)
- ☐ 1.5 cups granulated sugar
- ☐ 1.5 teaspoons brown sugar light packed
- ☐ 1.8 cups mascarpone cheese (from a 16-oz. pkg.)
- ☐ 1 tablespoon olive oil
- ☐ 3 lbs pears cored ripe halved lengthwise

- ☐ 0.3 cup pumpkin seeds (pepitas)
- ☐ 750 ml sauvignon blanc white wine
- ☐ 1 vanilla pod whole split (not)

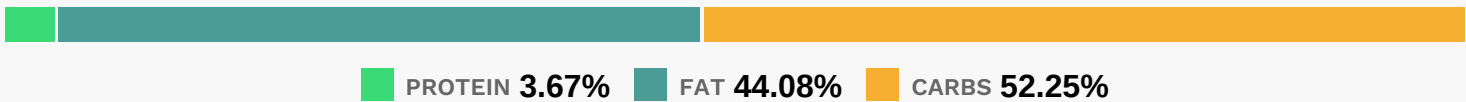
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put pears in a large saucepan or wide saut pan with the granulated sugar, vanilla bean, cinnamon stick, wine, and 1/2 cup water. Simmer gently, covered, until pears are tender when pierced with a fork, 10 to 15 minutes.
- ☐ Spoon out pears and set aside, loosely covered with plastic. Boil poaching liquid over medium heat until thick and reduced to about 1 cup, about 30 minutes (take care not to reduce the syrup too much). Chill until cool, at least 1 hour.
- ☐ Meanwhile, heat oil in a large frying pan over high heat.
- ☐ Add pepitas, brown sugar, and cayenne. Cook, stirring often, until seeds are toasted and brown sugar has softened, about 3 minutes.
- ☐ Mix 1/4 cup of the syrup with mascarpone. Arrange pears on a serving platter. Dollop mascarpone mixture on or beside pears, drizzle syrup over pears and mascarpone, and sprinkle with pepitas mixture.
- ☐ Make ahead: Through step 3, 1 day ahead; chill pears airtight.
- ☐ Wine pairing: Ceja 2008 "Dulce Beso" Late Harvest Sauvignon Blanc. This sweet version of the wine the pears are poached in extends the flavor package. Like the pear dish, it has beautiful acidity to cut the sugar.

Nutrition Facts



Properties

Glycemic Index:19.23, Glycemic Load:33.76, Inflammation Score:-6, Nutrition Score:5.4352174323538%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 570.65kcal (28.53%), Fat: 25.34g (38.98%), Saturated Fat: 14.24g (88.97%), Carbohydrates: 67.57g (22.52%), Net Carbohydrates: 61.94g (22.52%), Sugar: 54.78g (60.86%), Cholesterol: 49.22mg (16.41%), Sodium: 29.58mg (1.29%), Alcohol: 9.82g (100%), Alcohol %: 3.5% (100%), Protein: 4.75g (9.5%), Fiber: 5.63g (22.51%), Vitamin A: 738.4IU (14.77%), Manganese: 0.25mg (12.56%), Calcium: 90.55mg (9.06%), Vitamin C: 7.38mg (8.94%), Copper: 0.17mg (8.54%), Vitamin K: 8.83µg (8.41%), Potassium: 217.4mg (6.21%), Magnesium: 24.1mg (6.02%), Phosphorus: 45.42mg (4.54%), Vitamin E: 0.51mg (3.42%), Folate: 13.11µg (3.28%), Vitamin B2: 0.05mg (3.22%), Iron: 0.55mg (3.08%), Vitamin B6: 0.05mg (2.67%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.73%), Vitamin B5: 0.1mg (1.01%)