



Simple Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 6 anjou pear firm cored peeled halved
- ☐ 1 strip lemon zest (2-inch)
- ☐ 1 cup sugar
- ☐ 6 cups water
- ☐ 3 tablespoons frangelico

Equipment

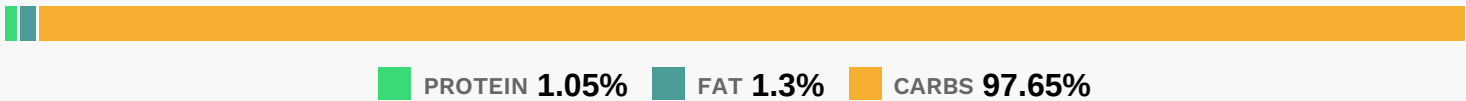
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Combine first 3 ingredients in a large saucepan; bring to a simmer.
- ☐ Add 1 rind strip. Reduce heat, and simmer 25 minutes or until tender.
- ☐ Remove pears from pan with a slotted spoon; cover and chill.
- ☐ Bring cooking liquid to a boil over high heat; cook until syrupy and reduced to 1 cup (about 20 minutes). Strain through a sieve into a bowl; cover and chill. Stir in liqueur. Arrange 2 pear halves in each of 6 shallow bowls; top each serving with about 3 tablespoons sauce and 1 rind strip, if desired.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:31.19, Inflammation Score:0, Nutrition Score:3.7408695298692%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg 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 Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 229.95kcal (11.5%), Fat: 0.36g (0.55%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 60.31g (20.1%), Net Carbohydrates: 54.76g (19.91%), Sugar: 50.64g (56.26%), Cholesterol: 0mg (0%), Sodium: 13.96mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Fiber: 5.55g (22.21%), Vitamin C: 8.08mg (9.8%), Copper: 0.19mg (9.32%), Vitamin K: 7.83µg (7.46%), Potassium: 207.68mg (5.93%), Manganese: 0.09mg (4.34%), Magnesium: 14.88mg (3.72%), Folate: 12.5µg (3.13%), Vitamin B2: 0.05mg (3.11%), Vitamin B6: 0.05mg (2.61%), Calcium: 23.9mg (2.39%), Phosphorus: 21.4mg (2.14%), Iron: 0.34mg (1.89%), Vitamin B1: 0.02mg (1.44%), Vitamin B3: 0.29mg (1.44%), Vitamin E: 0.21mg (1.43%), Zinc: 0.21mg (1.37%)