



Spiced Pears with Cream

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 6 peppercorns black
- ☐ 0.5 cinnamon sticks
- ☐ 0.1 cup powdered sugar
- ☐ 1 cup heavy whipping cream
- ☐ 3 tablespoons honey
- ☐ 1 juice of lemon
- ☐ 1 lemon zest grated
- ☐ 4 pears red cored halved sliced

- ☐ 6 servings shortbread cookies
- ☐ 0.1 teaspoon vanilla extract pure

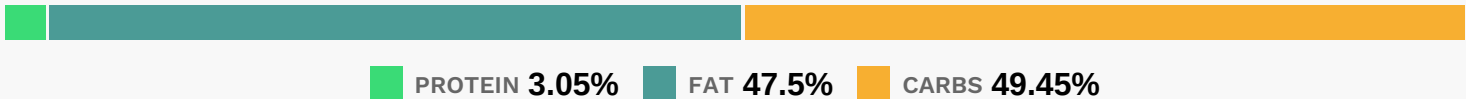
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large bowl, toss pears in lemon juice.
- ☐ Combine apple cider, honey, lemon peel, cloves, cinnamon stick and peppercorns in a large skillet.
- ☐ Add pears and bring to a simmer over medium heat. Cover and cook until pears just begin to soften, about 4 minutes. Using a slotted spoon, transfer pears to a dish; set aside.
- ☐ Increase heat to medium-high and reduce sauce until it's slightly syrupy, 2 to 3 minutes.
- ☐ Remove from heat and strain; discard spices.
- ☐ Whip heavy cream with sugar and vanilla extract.
- ☐ Serve with pear slices and, if desired, cookies.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:21.89, Inflammation Score:-5, Nutrition Score:6.9904347813648%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, 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: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 399.9kcal (19.99%), Fat: 21.87g (33.65%), Saturated Fat: 11.43g (71.42%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 46.81g (17.02%), Sugar: 31.92g (35.47%), Cholesterol: 44.82mg (14.94%), Sodium: 112.16mg (4.88%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 3.16g (6.33%), Fiber: 4.4g (17.62%), Manganese: 0.26mg (13.24%), Vitamin A: 639.25IU (12.79%), Vitamin B2: 0.2mg (11.95%), Vitamin C: 8.81mg (10.67%), Vitamin K: 9.83µg (9.36%), Folate: 33.95µg (8.49%), Vitamin B1: 0.13mg (8.47%), Vitamin E: 1.21mg (8.07%), Copper: 0.14mg (6.86%), Potassium: 234.81mg (6.71%), Iron: 1.2mg (6.68%), Vitamin B3: 1.18mg (5.88%), Phosphorus: 58.39mg (5.84%), Calcium: 47.74mg (4.77%), Selenium: 3.19µg (4.56%), Magnesium: 17mg (4.25%), Vitamin D: 0.63µg (4.23%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.39mg (2.6%), Vitamin B12: 0.06µg (1.06%)