



Spiced Pears with Oranges and Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 28 ounce anjou pear peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4.3 inch orange sections
- ☐ 0.3 teaspoon ras el hanout spice mix
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted ()

☐ 0.3 cup water

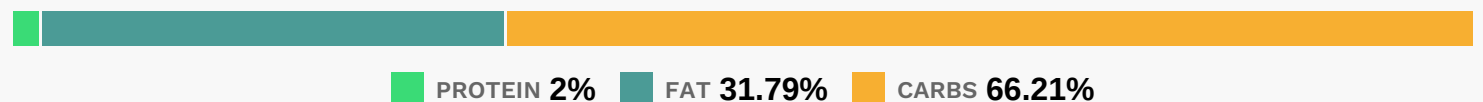
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pastry brush
- ☐ melon baller

Directions

- ☐ Using melon baller and starting from bottom, core each pear.
- ☐ Cut thin slice off bottom of each pear to make level.
- ☐ Stir sugar and 1/4 cup water in heavy large saucepan over medium heat until sugar dissolves. Increase heat and boil until syrup is deep amber color, brushing down sides of pan with wet pastry brush and swirling pan occasionally, about 5 minutes.
- ☐ Remove pan from heat; whisk in butter, then 2 tablespoons water.
- ☐ Stand pears in caramel sauce in saucepan.
- ☐ Sprinkle cinnamon over. Cover and cook over low heat 10 minutes. Uncover; sprinkle with ras-el-hanout. Cover and continue to cook until pears are tender, occasionally spooning caramel sauce over pears and shaking pan so pears don't stick, about 15 minutes. Arrange orange slices around pears; spoon caramel sauce over. Cover and simmer until orange slices soften, about 5 minutes.
- ☐ Place orange slices on plates. Stand pears atop orange slices. Spoon caramel sauce over and sprinkle with almonds.
- ☐ Serve warm or at room temperature.
- ☐ *A Moroccan spice blend available at some specialty foods stores and Middle Eastern markets, and by mail from The Spice House (312-274-0378; thespicehouse.com).

Nutrition Facts



Properties

Glycemic Index:42.34, Glycemic Load:35.17, Inflammation Score:-4, Nutrition Score:6.6995652097723%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg Epicatechin: 7.5mg, Epicatechin: 7.5mg, Epicatechin: 7.5mg, Epicatechin: 7.5mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 394.41kcal (19.72%), Fat: 14.78g (22.75%), Saturated Fat: 7.55g (47.2%), Carbohydrates: 69.27g (23.09%), Net Carbohydrates: 62.21g (22.62%), Sugar: 57.29g (63.66%), Cholesterol: 30.5mg (10.17%), Sodium: 4.76mg (0.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Fiber: 7.05g (28.22%), Vitamin E: 2.07mg (13.8%), Manganese: 0.26mg (12.87%), Vitamin C: 9.98mg (12.09%), Copper: 0.23mg (11.58%), Vitamin K: 10.54µg (10.04%), Vitamin A: 412.78IU (8.26%), Potassium: 283.5mg (8.1%), Vitamin B2: 0.13mg (7.7%), Magnesium: 30.53mg (7.63%), Phosphorus: 55.52mg (5.55%), Folate: 17.96µg (4.49%), Calcium: 41.88mg (4.19%), Iron: 0.65mg (3.62%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.55mg (2.74%), Zinc: 0.4mg (2.69%), Vitamin B1: 0.04mg (2.59%), Vitamin B5: 0.15mg (1.48%), Vitamin D: 0.21µg (1.42%), Selenium: 0.82µg (1.18%)