



Spiced Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 2.8 pounds anjou pear firm ripe peeled
- ☐ 1 stick cinnamon sticks (3-inch)
- ☐ 0.3 teaspoon juniper berries
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup sugar
- ☐ 3 inch vanilla pod split
- ☐ 500 milliliter frangelico sweet

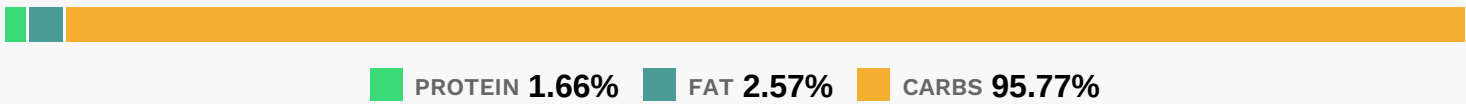
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Remove cores from blossom ends of pears, leaving stem end intact. If necessary, cut about 1/4 inch from base of each pear so it sits flat.
- ☐ Place wine, sugar, and orange juice in an oval 5-quart electric slow cooker; stir until sugar dissolves. Scrape seeds from vanilla bean; stir seeds and bean into wine mixture.
- ☐ Add juniper berries and cinnamon stick. Set pears in wine mixture. Cover and cook on HIGH for 3 hours or until pears are tender.
- ☐ Remove pears from cooking liquid.
- ☐ Cut pears in half.
- ☐ Place pear halves in dessert dishes.
- ☐ Pour cooking liquid into a sieve over a medium saucepan; discard solids. Bring to a boil; boil 20 minutes or until reduced to 1 cup.
- ☐ Drizzle sauce evenly over pears. Top with crme frache and sprinkle with cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:21.62, Inflammation Score:0, Nutrition Score:5.0904346497163%

Flavonoids

Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg

0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 193.9kcal (9.7%), Fat: 0.6g (0.93%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 43.71g (15.89%), Sugar: 38.07g (42.3%), Cholesterol: 0mg (0%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Fiber: 6.78g (27.13%), Vitamin C: 15.85mg (19.21%), Manganese: 0.2mg (10.21%), Copper: 0.18mg (8.98%), Vitamin K: 9.34µg (8.9%), Potassium: 271.56mg (7.76%), Folate: 18.72µg (4.68%), Magnesium: 16.42mg (4.1%), Vitamin B2: 0.06mg (3.62%), Vitamin B6: 0.07mg (3.34%), Phosphorus: 27.66mg (2.77%), Calcium: 26.24mg (2.62%), Iron: 0.46mg (2.55%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.4mg (1.99%), Vitamin E: 0.27mg (1.79%), Vitamin A: 81.25IU (1.63%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.3%)