



Spiced Poached Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

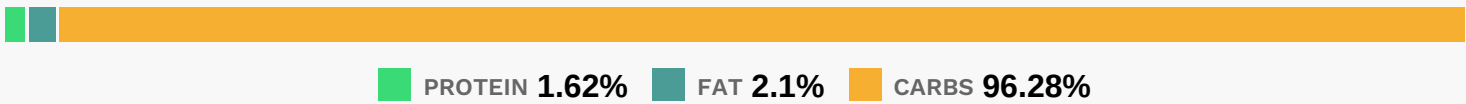
Equipment

- ☐ 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:-6, Nutrition Score:5.8608694594839%

Flavonoids

Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg Petunidin: 5.6mg, Petunidin: 5.6mg, Petunidin: 5.6mg, Petunidin: 5.6mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Malvidin: 80.16mg, Malvidin: 80.16mg, Malvidin: 80.16mg, Malvidin: 80.16mg Peonidin: 3.32mg, Peonidin: 3.32mg, Peonidin: 3.32mg, Peonidin: 3.32mg Catechin: 8.9mg, Catechin: 8.9mg, Catechin: 8.9mg, Catechin: 8.9mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 14.21mg, Epicatechin: 14.21mg, Epicatechin: 14.21mg, Epicatechin: 14.21mg 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

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 329.16kcal (16.46%), Fat: 0.6g (0.93%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 55.29g (20.1%), Sugar: 44.65g (49.61%), Cholesterol: 0mg (0%), Sodium: 10.05mg (0.44%), Alcohol: 12.93g (100%), Alcohol %: 5.04% (100%), Protein: 1.05g (2.09%), Fiber: 6.78g (27.13%), Vitamin C: 15.85mg (19.21%), Manganese: 0.3mg (15.24%), Copper: 0.22mg (10.89%), Potassium: 349.34mg (9.98%), Vitamin K: 9.34µg (8.9%), Magnesium: 24.03mg (6.01%), Folate: 18.72µg (4.68%), Vitamin B2: 0.08mg (4.52%), Iron: 0.66mg (3.68%), Phosphorus: 35.27mg (3.53%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.07mg (3.34%), Calcium: 33mg (3.3%), Vitamin B3: 0.58mg (2.89%), Zinc: 0.29mg (1.91%), Vitamin E: 0.27mg (1.79%), Vitamin A: 81.25IU (1.63%), Vitamin B5: 0.16mg (1.57%), Selenium: 0.76µg (1.09%)