



## Spiced poached pears in chocolate sauce

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1403 kcal

SAUCE

### Ingredients

- ☐ 750 g golden caster sugar
- ☐ 1 cinnamon sticks
- ☐ 2 strips lemon zest (use a potato peeler)
- ☐ 1 star anise
- ☐ 1 vanilla pod split
- ☐ 5 cloves
- ☐ 1 piece root ginger fresh peeled sliced
- ☐ 4 pears ripe peeled

- ☐ 200 g chocolate dark
- ☐ 142 ml double cream
- ☐ 150 ml full-fat milk
- ☐ 1 pinch ground cinnamon
- ☐ 4 servings whipped cream

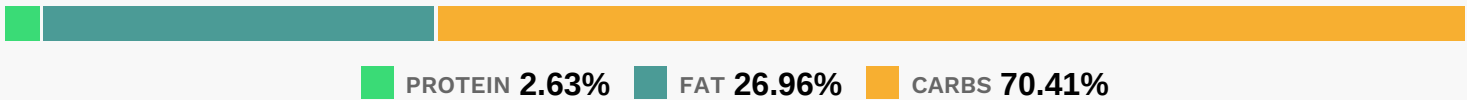
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a pan big enough to hold the pears snugly, tip in all the ingredients except the pears. Half fill the pan with water and bring to the boil. Simmer for 10 mins to infuse, drop in pears, cover and gently poach for about 30 mins until soft. Turn off the heat and set aside. The pears can be poached up to 2 days ahead and kept in the poaching syrup in the fridge.
- ☐ To make the chocolate sauce, tip the chocolate into a heatproof bowl. Bring the cream, milk and cinnamon to the boil and pour over the chocolate. Stir until the chocolate has melted. To serve, drain the pears and, holding them by the stem, dip them in the chocolate sauce to completely cover.
- ☐ Serve each pear with a generous scoop of vanilla ice cream.

## Nutrition Facts



## Properties

Glycemic Index:47.19, Glycemic Load:21.9, Inflammation Score:-7, Nutrition Score:22.85608716633%

## 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, 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: 1402.59kcal (70.13%), Fat: 43.24g (66.52%), Saturated Fat: 25.72g (160.73%), Carbohydrates: 254.08g (84.69%), Net Carbohydrates: 241.95g (87.98%), Sugar: 228.2g (253.55%), Cholesterol: 75.54mg (25.18%), Sodium: 142.5mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 40mg (13.33%), Protein: 9.49g (18.98%), Manganese: 1.51mg (75.41%), Copper: 1.15mg (57.37%), Fiber: 12.13g (48.52%), Iron: 7.91mg (43.95%), Magnesium: 162.17mg (40.54%), Calcium: 377.18mg (37.72%), Phosphorus: 314.54mg (31.45%), Potassium: 1054.84mg (30.14%), Vitamin B2: 0.37mg (21.58%), Vitamin A: 933.63IU (18.67%), Zinc: 2.63mg (17.55%), Vitamin K: 13.58µg (12.94%), Selenium: 8.9µg (12.71%), Vitamin B5: 1.17mg (11.74%), Vitamin B6: 0.22mg (11.15%), Vitamin B12: 0.66µg (11.06%), Vitamin C: 9.08mg (11.01%), Vitamin D: 1.13µg (7.53%), Vitamin E: 1.1mg (7.36%), Vitamin B1: 0.1mg (6.43%), Vitamin B3: 1.2mg (5.99%), Folate: 19.46µg (4.87%)