



Stewed Pears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons brown sugar
- 0.8 cup plum brandy
- 4 pears firm
- 1 vanilla pod split

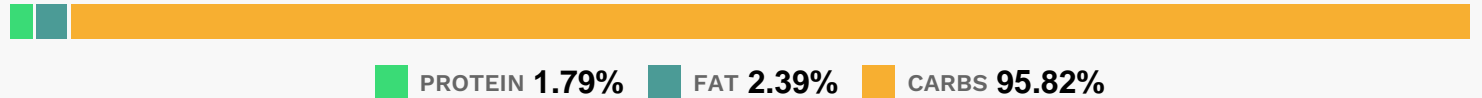
Equipment

- sauce pan

Directions

- Peel pears, leaving stems intact.
- Cut a thin slice from bottoms so pears will stand upright.
- Stir together Marsala, vanilla bean, and brown sugar in a large saucepan; add pears. Bring to a boil; reduce heat, cover, and simmer 45 minutes. Discard bean.
- Serve pears at room temperature with sauce.
- *1 teaspoon vanilla extract may be substituted for vanilla bean.
- Add extract after simmering mixture.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:7.92, Inflammation Score:-4, Nutrition Score:4.0026086698408%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 10.09mg, Epicatechin: 10.09mg, Epicatechin: 10.09mg, Epicatechin: 10.09mg 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 Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 199.2kcal (9.96%), Fat: 0.44g (0.67%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 33.9g (12.33%), Sugar: 26.68g (29.64%), Cholesterol: 0mg (0%), Sodium: 7.51mg (0.33%), Alcohol: 6.89g (100%), Alcohol %: 3.79% (100%), Protein: 0.74g (1.48%), Fiber: 5.52g (22.07%), Vitamin C: 7.65mg (9.28%), Copper: 0.17mg (8.45%), Vitamin K: 7.83µg (7.46%), Potassium: 255.86mg (7.31%), Manganese: 0.14mg (7.14%), Magnesium: 17.05mg (4.26%), Vitamin B2: 0.05mg (3.2%), Folate: 12.52µg (3.13%), Vitamin B6: 0.05mg (2.7%), Iron: 0.47mg (2.62%), Phosphorus: 25.65mg (2.57%), Calcium: 24.6mg (2.46%), Vitamin B1: 0.03mg (1.96%), Vitamin B3: 0.39mg (1.95%), Vitamin E: 0.21mg (1.42%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.11mg (1.1%)