



Vanilla-Ginger & Black Tea Scented Asian Pears



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients



1 cup brown sugar light packed



0.5 teaspoon vanilla extract



4 cup water

Equipment



bowl



sauce pan



sieve

☐ plastic wrap

Directions

- ☐ Bring ginger slices, vanilla extract, sugar, black tea bag and water to a boil in a small sauce pan. Lower the mixture to a simmer and let it reduce by about 15%. About 30 minutes. You want it to thicken some but not become syrupy.
- ☐ Remove the liquid from the heat and allow it to cool about 30 minutes.
- ☐ Cut each pear quarter lengthwise into 4 slices, and place them in a large bowl.
- ☐ Pour the cooled vanilla-ginger mixture through a strainer and over the pears. Cover the pears with a piece of plastic wrap laid right on top of the surface of the liquid, pressing along the edges of the bowl to attain a tight seal. Move the bowl to the refrigerator to “cold-poach” at least one hour, or up to three days. To serve divide the pears among four bowls, spooning a bit of the liquid on top. serve with wafer style cookies or shortbread.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.87782610167304%

Nutrients (% of daily need)

Calories: 210.44kcal (10.52%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 54.02g (19.64%), Sugar: 53.41g (59.35%), Cholesterol: 0mg (0%), Sodium: 27.27mg (1.19%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 0.07g (0.13%), Calcium: 52.8mg (5.28%), Copper: 0.06mg (3.2%), Iron: 0.39mg (2.17%), Potassium: 73.89mg (2.11%), Magnesium: 7.38mg (1.84%), Manganese: 0.04mg (1.82%), Vitamin B6: 0.02mg (1.13%)