



Vanilla Poached Pears with Vanilla Sauce



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 bosc pears cored peeled (stem intact)
- ☐ 2 cups vanilla yogurt fat-free
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod whole split
- ☐ 750 ml white wine

Equipment

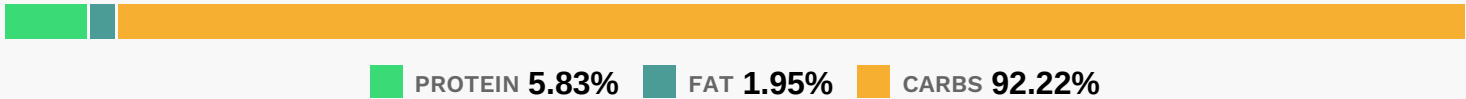
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ Stir together wine, sugar, vanilla bean and seeds and 3 cups water in a pan large enough to hold pears standing up. Bring to boil over medium heat, stirring to dissolve sugar.
- ☐ Reduce heat to low, add pears, cover with parchment and simmer until pears are tender, 20 to 25 minutes.
- ☐ Remove pears to a bowl; set aside.
- ☐ Remove vanilla bean. Raise heat to high; boil poaching liquid until reduced to 1 1/2 cups, 35 minutes. Cover and chill pears and syrup.
- ☐ Whisk yogurt and syrup together. Spoon sauce onto serving plates; place pear in center of each.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:17.01, Inflammation Score:-5, Nutrition Score:6.5569564829702%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg 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 Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 287.22kcal (14.36%), Fat: 0.51g (0.78%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 53.77g (17.92%), Net Carbohydrates: 48.25g (17.55%), Sugar: 42.38g (47.09%), Cholesterol: 1.23mg (0.41%), Sodium: 42.19mg (1.83%), Alcohol: 9.8g (100%), Alcohol %: 3.57% (100%), Protein: 3.4g (6.8%), Fiber: 5.52g (22.07%), Calcium: 117.8mg

(11.78%), Potassium: 393.08mg (11.23%), Phosphorus: 111.37mg (11.14%), Manganese: 0.22mg (10.93%), Vitamin B2: 0.17mg (10.19%), Vitamin C: 8.08mg (9.8%), Vitamin K: 8.89µg (8.46%), Copper: 0.16mg (7.87%), Magnesium: 31.16mg (7.79%), Vitamin B6: 0.12mg (6.18%), Selenium: 4.02µg (5.75%), Zinc: 0.75mg (4.98%), Vitamin B12: 0.29µg (4.8%), Folate: 18.92µg (4.73%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.45mg (2.25%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.13mg (1.3%), Vitamin A: 51.85IU (1.04%)