



Warm Caramelized Pears with Clove Zabaglione

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

Ingredients

- 0.3 teaspoon allspice
- 2 pounds bosc pears cored halved
- 1 tablespoon butter
- 1 teaspoon butter
- 4 large egg yolks
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.1 teaspoon ground nutmeg

- 3 tablespoons honey
- 2 pieces lemon rind (1 x 3-inches long)
- 0.5 cup plum brandy
- 6 tablespoons plum brandy
- 0.1 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon sugar
- 2 tablespoons water

Equipment

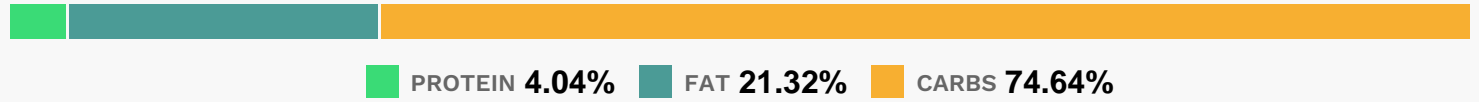
- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat an oven to 35
- Combine first 5 ingredients in a small bowl; set aside.
- Combine 1/2 cup Marsala, honey, 1 tablespoon butter, rind, and 1 teaspoon spice mixture in a small saucepan.
- Heat over medium heat until butter is melted.
- Place pear halves, cut sides up, in a 13 x 9-inch baking dish coated with cooking spray.
- Pour Marsala mixture over pears.
- Bake at 350 for 30 minutes or until pears are tender, basting occasionally.
- Remove from oven; keep warm.
- Combine 6 tablespoons Marsala, 1/4 cup sugar, water, salt, and egg yolks in a medium, heavy saucepan, stirring with a whisk. Cook over low heat, whisking constantly, until mixture is thick (about 5 minutes). Stir in remaining spice mixture and 1 teaspoon butter until blended.

- Place 1 pear half in each individual bowl. Spoon 1/4 cup sauce over each pear half.
- Garnish with lemon zest and nutmeg, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.4, Glycemic Load:13.15, Inflammation Score:0, Nutrition Score:4.3721738794576%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Petunidin: 1.74mg, Petunidin: 1.74mg, Petunidin: 1.74mg, Petunidin: 1.74mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 24.89mg, Malvidin: 24.89mg, Malvidin: 24.89mg, Malvidin: 24.89mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 201.73kcal (10.09%), Fat: 4.39g (6.75%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 30.91g (11.24%), Sugar: 26.37g (29.3%), Cholesterol: 96.91mg (32.3%), Sodium: 60mg (2.61%), Alcohol: 4.02g (100%), Alcohol %: 3% (100%), Protein: 1.87g (3.74%), Fiber: 3.63g (14.53%), Manganese: 0.15mg (7.41%), Selenium: 5.14µg (7.35%), Vitamin C: 5.27mg (6.38%), Copper: 0.12mg (5.83%), Folate: 20.67µg (5.17%), Vitamin K: 5.32µg (5.07%), Phosphorus: 50.28mg (5.03%), Vitamin B2: 0.08mg (4.98%), Potassium: 171.83mg (4.91%), Vitamin A: 211.05IU (4.22%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.33mg (3.27%), Iron: 0.56mg (3.09%), Vitamin D: 0.46µg (3.06%), Magnesium: 11.35mg (2.84%), Vitamin B12: 0.17µg (2.83%), Vitamin E: 0.42mg (2.79%), Calcium: 26.34mg (2.63%), Zinc: 0.35mg (2.35%), Vitamin B1: 0.03mg (2.26%), Vitamin B3: 0.26mg (1.28%)