



Wine- and Citrus-Poached Pears with Triple-Crème Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cheese cut into 4 wedges (such as Explorateur, Saint André, boursault or Brillat-Savarin)
- ☐ 1.5 cups wine dry red
- ☐ 0.8 inch lemon zest yellow (part only)
- ☐ 0.3 cup orange juice
- ☐ 2 medium size pears firm cored ripe peeled halved lengthwise
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon currants

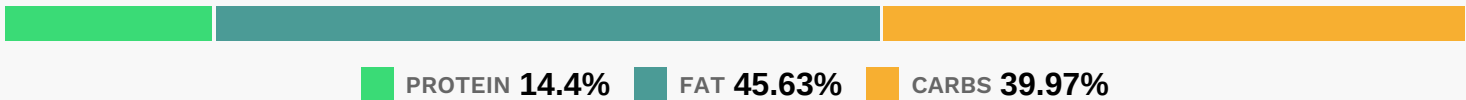
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Combine wine, sugar, orange juice, lemon peel, and clove in heavy medium saucepan. Bring to simmer over medium heat, stirring until sugar dissolves.
- ☐ Add pear halves to saucepan.
- ☐ Cut out round of parchment paper same size as saucepan.
- ☐ Place parchment round atop pears, pushing edges of parchment into liquid to prevent edges from curling up. Reduce heat and barely simmer until pears are tender when pierced with knife, about 12 minutes.
- ☐ Using slotted spoon, transfer pears to bowl. Boil liquid in saucepan until slightly syrupy and reduced to 3/4 cup, about 14 minutes. Cool syrup to room temperature; stir in crème de cassis, if desired.
- ☐ Pour syrup over pears. Cover and chill at least 12 hours, turning pears occasionally.
- ☐ Thinly slice pear halves lengthwise almost to stem end, leaving stems attached. Spoon generous 1 tablespoon pear syrup onto each of 4 plates. Top each with 1 pear half, pressing gently to fan.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:52.71, Glycemic Load:17.47, Inflammation Score:-7, Nutrition Score:9.7973914250084%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 12.94mg, Epicatechin: 12.94mg, Epicatechin: 12.94mg, Epicatechin: 12.94mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 439kcal (21.95%), Fat: 19.5g (29.99%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 35.42g (12.88%), Sugar: 29.16g (32.4%), Cholesterol: 56.7mg (18.9%), Sodium: 373.66mg (16.25%), Alcohol: 9.45g (100%), Alcohol %: 4.4% (100%), Protein: 13.84g (27.68%), Calcium: 414.68mg (41.47%), Phosphorus: 276.77mg (27.68%), Selenium: 16.28µg (23.26%), Vitamin B2: 0.29mg (16.87%), Vitamin C: 12.37mg (14.99%), Zinc: 2.19mg (14.63%), Vitamin A: 624.35IU (12.49%), Fiber: 3.01g (12.02%), Vitamin B12: 0.6µg (10.02%), Magnesium: 24.67mg (6.17%), Potassium: 208.13mg (5.95%), Folate: 23.22µg (5.81%), Copper: 0.11mg (5.56%), Vitamin K: 5.42µg (5.16%), Vitamin B6: 0.08mg (4.15%), Vitamin E: 0.54mg (3.62%), Manganese: 0.07mg (3.44%), Vitamin B1: 0.05mg (3.16%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.34µg (2.27%), Iron: 0.36mg (2.03%), Vitamin B3: 0.3mg (1.49%)