

Wine-Poached Pear Croustades with Ice Cream

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



2534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 purée of usa bartlett pear firm cored ripe peeled halved
- 1 bay leaves
- 18 peppercorns whole black
- 1.5 tablespoons cornstarch
- 2 cups wine dry red ()
- 1.5 tablespoons orange juice
- 2 inch orange zest (orange part only)

- 6.5 inch round cake lightly toasted
- 0.8 cup sugar
- 6 servings whipped cream

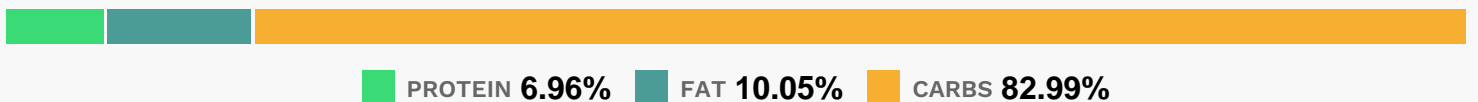
Equipment

- bowl
- sauce pan
- whisk

Directions

- Stir wine, sugar, peppercorns, orange peel and bay leaf in heavy medium saucepan over medium heat until sugar dissolves. Increase heat to high; cover and boil 5 minutes.
- Add pears. Reduce heat; cover and simmer until pears are tender, turning occasionally, about 10 minutes. Cool to room temperature. Chill until cold, about 6 hours. (Can be made 1 day ahead. Cover and keep chilled.)
- Remove pears from liquid. Strain liquid into heavy small saucepan. Boil until liquid is reduced to 1 1/2 cups, about 8 minutes.
- Whisk cornstarch and orange juice in small bowl to blend.
- Add to saucepan and whisk until sauce boils and thickens, about 1 minute.
- Remove sauce from heat and cool slightly.
- Cut pound cake slices diagonally in half. Thinly slice pears lengthwise. Arrange 2 pound cake triangles and 1 sliced pear half on each of 6 plates. Top each with ice cream; drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:31.28, Inflammation Score:-9, Nutrition Score:48.300869589267%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 2534.25kcal (126.71%), Fat: 27.69g (42.6%), Saturated Fat: 10.48g (65.51%), Carbohydrates: 514.57g (171.52%), Net Carbohydrates: 507.42g (184.52%), Sugar: 322.26g (358.06%), Cholesterol: 791.49mg (263.83%), Sodium: 4711.18mg (204.83%), Alcohol: 8.4g (100%), Alcohol %: 1.05% (100%), Protein: 43.16g (86.32%), Vitamin B2: 2.2mg (129.39%), Vitamin B1: 1.86mg (123.96%), Iron: 20.63mg (114.63%), Phosphorus: 1104.82mg (110.48%), Selenium: 69.53µg (99.33%), Folate: 361.58µg (90.39%), Manganese: 1.65mg (82.51%), Vitamin B3: 14.68mg (73.39%), Calcium: 619.33mg (61.93%), Vitamin B5: 4.01mg (40.1%), Vitamin B12: 2.05µg (34.19%), Vitamin A: 1468.66IU (29.37%), Zinc: 4.35mg (29.01%), Fiber: 7.16g (28.62%), Potassium: 976.19mg (27.89%), Copper: 0.56mg (27.88%), Magnesium: 98.05mg (24.51%), Vitamin B6: 0.45mg (22.39%), Vitamin E: 2.11mg (14.04%), Vitamin D: 1.63µg (10.85%), Vitamin C: 7.6mg (9.21%), Vitamin K: 5.57µg (5.31%)