

## Wine Poached Seckel Pears

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cinnamon sticks
- 2 tablespoons confectioners' sugar
- 1 leaves mint chiffonade fresh
- 2 tablespoons heavy cream
- 0.5 cup mascarpone cheese
- 1 bottle merlot divided
- 6 seckel pears peeled
- 1 star anise

0.5 cup sugar

## Equipment

bowl

sauce pan

whisk

## Directions

In a large saucepan, whisk together Merlot (reserving 2 cups), star anise, cinnamon stick, and sugar. Bring to a boil.

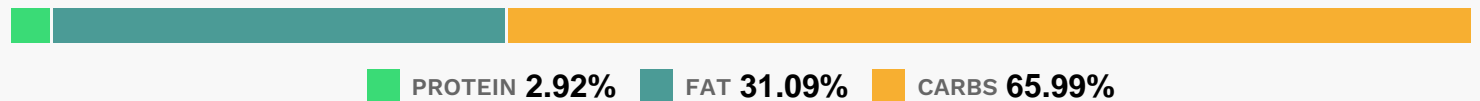
Add pears and remaining 2 cups of Merlot. Allow pears to cook in the wine and flavorings, simmering at a low boil.

In a small bowl, whisk together mascarpone, sugar, and cream.

Add fresh mint, if desired.

Place a dollop of mascarpone cheese onto each plate. Top with 1 or 2 pears and serve.

## Nutrition Facts



## Properties

Glycemic Index:21.97, Glycemic Load:20.03, Inflammation Score:-6, Nutrition Score:5.9791304806004%

## Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg 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 Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 383.13kcal (19.16%), Fat: 10.58g (16.28%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 44.67g (16.25%), Sugar: 37.53g (41.7%), Cholesterol: 24.4mg (8.13%), Sodium: 18.75mg (0.82%),

Alcohol: 13.25g (100%), Alcohol %: 4.84% (100%), Protein: 2.24g (4.47%), Fiber: 5.85g (23.41%), Manganese: 0.36mg (17.85%), Potassium: 375.33mg (10.72%), Vitamin C: 7.74mg (9.39%), Copper: 0.17mg (8.26%), Vitamin K: 8.17µg (7.78%), Vitamin A: 383.09IU (7.66%), Magnesium: 28.45mg (7.11%), Vitamin B6: 0.13mg (6.33%), Calcium: 62.71mg (6.27%), Vitamin B2: 0.1mg (5.81%), Iron: 1.02mg (5.67%), Phosphorus: 54.12mg (5.41%), Folate: 13.97µg (3.49%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.39mg (2.58%), Vitamin B1: 0.03mg (1.95%), Vitamin E: 0.27mg (1.82%), Vitamin B5: 0.14mg (1.41%), Selenium: 0.72µg (1.03%)