



Winter Poached Pears



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 4 pears firm ripe
- ☐ 2 cups water
- ☐ 3 lemon zest red with hibiscus, rosehips and lemongrass flavored
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 tablespoons cinnamon candies red

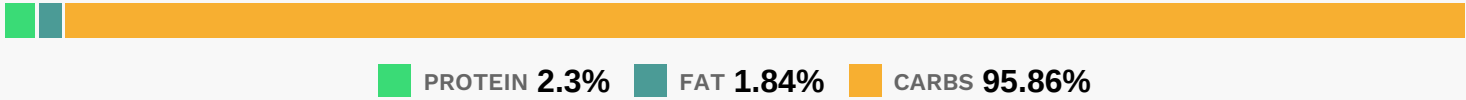
Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Peel pears, leaving stems intact; set aside.
- ☐ Heat water to boiling in 3-quart saucepan; remove from heat.
- ☐ Add tea bags; let steep 10 minutes. Squeeze tea from tea bags; discard bags. Stir juice and candies into tea.
- ☐ Heat over medium heat, stirring occasionally, until candies are melted.
- ☐ Arrange pears upright and close together in saucepan.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 20 minutes, spooning sauce over pears occasionally, until pears are tender when pierced with tip of sharp knife.
- ☐ Remove pears from syrup. Cook syrup over medium-high heat about 25 minutes, stirring constantly, until thickened.
- ☐ Serve sauce over pears.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:16.49, Inflammation Score:-3, Nutrition Score:6.3613043544085%

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: 187.86kcal (9.39%), Fat: 0.43g (0.66%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 44.05g (16.02%), Sugar: 38.94g (43.26%), Cholesterol: 0mg (0%), Sodium: 10.49mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 25.22mg (30.57%), Fiber: 6.12g (24.49%), Vitamin K: 14.28µg (13.6%), Copper: 0.24mg (11.93%), Vitamin E: 1.74mg (11.62%), Potassium: 311.08mg (8.89%), Vitamin B6: 0.13mg (6.26%), Magnesium: 21.91mg (5.48%), Vitamin B2: 0.07mg (4.27%), Manganese: 0.09mg

(4.27%), Phosphorus: 38.35mg (3.83%), Iron: 0.67mg (3.74%), Folate: 14.31µg (3.58%), Calcium: 35.72mg (3.57%), Vitamin B1: 0.04mg (2.36%), Zinc: 0.33mg (2.18%), Vitamin B3: 0.42mg (2.1%), Vitamin A: 103.68IU (2.07%), Vitamin B5: 0.1mg (1.02%)