

Poached Pears

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Pear (peeled, cored and quartered)

NUTRITION

AMOUNT PER SERVING

Calories	101	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	27g	Folate	12µg
Fiber	6g	Magnesium	12mg
Protein	1g	Zinc	0mg
Vitamin C	8mg		

DIRECTIONS

01 Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

NOTES

RECIPE ID 704

EXTRA FLAVOR

Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean or fresh ginger slices to the water.