

Poached Pears with Caramel Cinnamon Sauce

Ingredients:

3 cups water
1/2 cup granulated sugar
1 tablespoon lemon juice
4 almost ripe pears, stem on

Sauce:
1 cup light brown sugar
1 tablespoon flour
1 cup boiling water
2 tablespoons butter
1 teaspoon cinnamon
2 teaspoons vanilla

Directions:

1. In a large pan combine water, sugar and lemon juice. Bring to a boil over medium-high heat.
2. Peel and core the pears leaving the stems in tact.
3. Add the pears to the boiling syrup mixture. Reduce heat and cover pan with lid and simmer for 10 minutes.
4. Turn pears and let simmer for another 10 minutes until tender.
5. In the meantime, mix sugar and flour in a small pot, stir in the boiling water.
6. Cook gently, stirring consistently until slightly thickened.
7. Add butter and simmer sauce for another 8 minutes.
8. Remove sauce from heat and whisk in the cinnamon and vanilla.
9. Pour 1-2 tablespoons of caramel sauce over each pear half and serve.

Nutrition Facts	
Serving Size 1/2 Pear (267g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 32g	
Protein 1g	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

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Source: <https://www.ciaochowbambina.com/poached-pears-with-hot-caramel-cinnamon-sauce/>

