

Holiday Tea Poached Pears

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-poached-pears-recipe>

Ingredients:

- 1 cup rum
- 3/4 cup granulated sugar
- 6 tea bags Bengal Spice
- 8 whole cloves
- 3 star anise pods
- 1/2 Orange a naval
- water
- pears

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 49 grams
3. Fiber: 3 grams
4. Sodium: 10 milligrams
5. Sugar: 42 grams

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