



Apple Pear Cream Cheese Drop Danish

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon milk
- ☐ 0.3 cup butter unsalted softened
- ☐ 2 tablespoons sugar
- ☐ 0.7 cup milk
- ☐ 0.5 apples peeled thinly sliced
- ☐ 0.5 pears peeled thinly sliced

- ☐ 1 tablespoon butter unsalted melted
- ☐ 2 tablespoons honey
- ☐ 1 serving ground cinnamon for sprinkling
- ☐ 2 cups frangelico

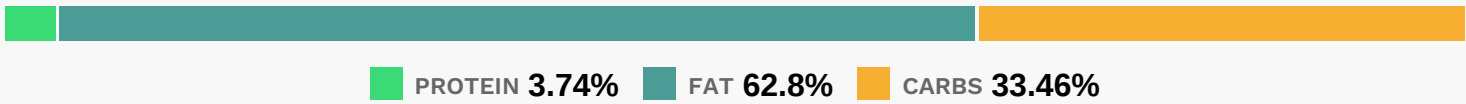
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray cookie sheet with cooking spray.
- ☐ In small bowl, stir cream cheese, 1 tablespoon sugar and 1 tablespoon milk until smooth; set aside. In large bowl, stir Bisquick mix, 1/4 cup softened butter and 2 tablespoons sugar until mixture looks like coarse crumbs. Stir in 2/3 cup milk until stiff dough forms.
- ☐ Drop dough by rounded tablespoonfuls 2 inches apart on cookie sheet. Make a shallow well in center of each with fingers and back of spoon. Fill each well with about 1 teaspoon cream cheese mixture.
- ☐ Cut slices of apple and pear in half widthwise; fan 3 half-slices over top of each Danish (2 apple, 1 pear or vice-versa).
- ☐ Combine 1 tablespoon melted butter and the honey; lightly brush on fruit slices.
- ☐ Bake 8 to 10 minutes or until golden brown.
- ☐ Sprinkle lightly with cinnamon; serve warm.

Nutrition Facts



Properties

Glycemic Index:30.77, Glycemic Load:4.58, Inflammation Score:-2, Nutrition Score:1.4686956431555%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 106.73kcal (5.34%), Fat: 7.73g (11.89%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.76g (3.19%), Sugar: 8.37g (9.29%), Cholesterol: 21.61mg (7.2%), Sodium: 28.87mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin A: 272.95IU (5.46%), Calcium: 29.53mg (2.95%), Vitamin B2: 0.04mg (2.62%), Phosphorus: 25.92mg (2.59%), Fiber: 0.51g (2.03%), Manganese: 0.04mg (1.99%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.25µg (1.68%), Vitamin E: 0.23mg (1.54%), Potassium: 52.29mg (1.49%), Selenium: 1.01µg (1.44%), Vitamin B5: 0.11mg (1.13%), Vitamin K: 1.15µg (1.1%)