



Blue Cheese-Almond Pears



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



14

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 0.3 cup cheese blue crumbled
- ☐ 8 ounce nonfat cream cheese softened
- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup nonfat cream sour
- ☐ 6 pears firm ripe unpeeled

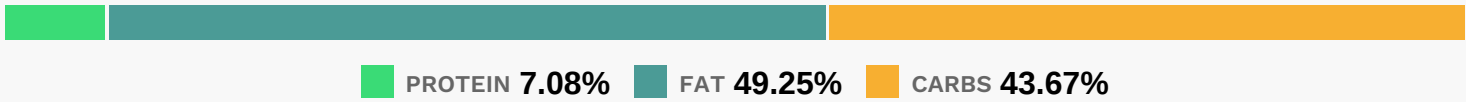
Equipment

- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Spread almonds in a pieplate, and microwave, uncovered, at HIGH 2 to 3 minutes or until lightly toasted, stirring after every minute. Set aside.
- ☐ Beat cream cheese at medium speed of an electric mixer until creamy.
- ☐ Add sour cream, blue cheese, and honey, beating until smooth.
- ☐ Serve immediately or cover and chill, if desired.
- ☐ Core pears; cut each into 10 wedges.
- ☐ Brush cut sides of pears with lemon juice. Spoon 1 teaspoon blue cheese mixture onto each pear wedge; top evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:4.32, Inflammation Score:-3, Nutrition Score:3.5960869666027%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 132.03kcal (6.6%), Fat: 7.66g (11.78%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 12.57g (4.57%), Sugar: 9.53g (10.59%), Cholesterol: 18.54mg (6.18%), Sodium: 85.27mg (3.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Fiber: 2.7g (10.8%), Vitamin B2: 0.1mg (6.05%), Vitamin C: 4.97mg (6.03%), Vitamin E: 0.9mg (5.98%), Vitamin A: 265.79IU (5.32%), Phosphorus: 52.41mg (5.24%), Manganese: 0.1mg (4.93%), Calcium: 47.66mg (4.77%), Copper: 0.09mg (4.73%), Potassium: 145.33mg (4.15%), Magnesium: 14.95mg (3.74%), Vitamin K: 3.75µg (3.58%), Selenium: 2.16µg (3.08%), Folate: 10.14µg (2.54%), Zinc: 0.33mg (2.18%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.19mg (1.9%), Iron: 0.27mg (1.48%), Vitamin B1: 0.02mg (1.43%), Vitamin B3: 0.26mg (1.32%), Vitamin B12: 0.08µg (1.29%)