



Caramel-Pear-Cheesecake Trifle

READY IN



45 min.

SERVINGS



45

CALORIES



148 kcal

Ingredients

- ☐ 5 large bartlett pears diced cored peeled (large)
- ☐ 16 ounces cream cheese at room temperature
- ☐ 1 cup vanilla bean and fleur de sel caramel sauce
- ☐ 1 teaspoon powdered gelatin unflavored
- ☐ 8 ounces gingersnap cookies crushed for garnish
- ☐ 3 cups heavy cream cold
- ☐ 4 tablespoons butter unsalted

Equipment

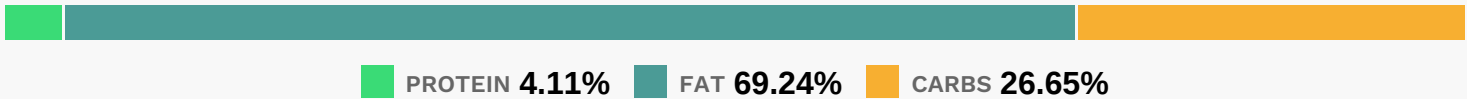
- ☐ bowl

- ☐ frying pan
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ In a large skillet, melt the butter.
- ☐ Add the diced pears. Cover and cook over moderate heat, stirring occasionally, until just softened, about 8 minutes.
- ☐ Add 1/2 cup of the caramel sauce, cover and cook over moderately low heat, stirring occasionally, until the pears are tender, 5 minutes. Scrape the pears onto a plate and refrigerate until cool.
- ☐ In a small microwave-safe bowl, sprinkle the gelatin over 2 tablespoons of water.
- ☐ Let stand until softened, about 5 minutes. Microwave at high power for 5 seconds, just until the gelatin is melted.
- ☐ Transfer the gelatin mixture to a bowl and add the cream cheese and the remaining 1/2 cup of caramel sauce. Using an electric mixer, beat at medium-high speed until smooth, about 2 minutes.
- ☐ In another bowl, whip 1 1/2 cups of the cream until firm peaks form. Fold the whipped cream into the cream cheese mixture.
- ☐ Spoon one-fourth of the mousse into a medium trifle bowl. Top with one-fourth of the gingersnaps and one-fourth of the pears. Repeat the layering, ending with a layer of pears. Cover and refrigerate overnight.
- ☐ In a bowl, using an electric mixer, beat the remaining 1 1/2 cups of cream until soft peaks form. Dollop the cream over the trifle and garnish with crushed gingersnaps.

Nutrition Facts



Properties

Glycemic Index:1.51, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:2.2591304468072%

Nutrients (% of daily need)

Calories: 147.66kcal (7.38%), Fat: 11.53g (17.73%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.09g (3.31%), Sugar: 4.29g (4.77%), Cholesterol: 30.79mg (10.26%), Sodium: 64.47mg (2.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin A: 406.87IU (8.14%), Manganese: 0.09mg (4.46%), Vitamin B2: 0.08mg (4.41%), Fiber: 0.89g (3.57%), Phosphorus: 27.28mg (2.73%), Calcium: 26.75mg (2.67%), Selenium: 1.67µg (2.39%), Vitamin E: 0.34mg (2.27%), Iron: 0.4mg (2.21%), Potassium: 71.6mg (2.05%), Copper: 0.04mg (2.04%), Folate: 7.5µg (1.88%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.89µg (1.8%), Magnesium: 6.05mg (1.51%), Vitamin C: 1.21mg (1.46%), Vitamin B5: 0.13mg (1.29%), Vitamin B1: 0.02mg (1.25%), Vitamin B6: 0.02mg (1.14%), Vitamin B3: 0.22mg (1.12%)