

Caramel Pear Mice

 Gluten Free

READY IN



75 min.

SERVINGS



32

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 servings sesame seed black for eyes
- ☐ 0.8 cup plus dark
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup heavy cream divided
- ☐ 0.5 cup brown sugar light
- ☐ 32 servings candy buttons yellow for decoration nose
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 4 small pears such as anjou or forelle (2 pounds) ripe

- ☐ 1 pinch salt
- ☐ 4 tablespoons butter unsalted
- ☐ 0.5 vanilla pod pure
- ☐ 6 inch wooden skewers
- ☐ 6 inch wooden skewers

Equipment

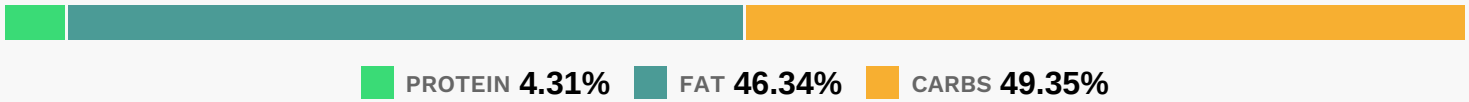
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula
- ☐ skewers
- ☐ candy thermometer

Directions

- ☐ Line a sheet pan with parchment paper or foil. Spray with nonstick cooking spray.
- ☐ Just before you make the caramel, core and cut pears into eight wedges, blunting the cut side so that it can lay on a flat surface peel side up.
- ☐ Place a skewer into each wedge, cover with paper towel, and set aside.
- ☐ Combine sugars, corn syrup, butter, 1/2 cup heavy cream, vanilla and nutmeg in a heavy sauce pot. Bring to a boil over medium-high heat, stirring constantly with a wooden spoon. When the mixture has come to a brisk boil, slowly add in the remaining cream, keep the mixture boiling. Be sure to wipe any extra sugar from the side of the pot. Clip a candy thermometer to the side of the pot with the tip immersed. Boil the mixture briskly, stirring gently, until the mixture registers 240 degrees F on the candy thermometer, about 10 minutes. Immediately remove from the heat.

- ☐ Pour the caramel into a medium heat proof bowl using a rubber spatula so that you do not scrape the bottom of the pot.
- ☐ Let caramel rest until it thickens and cools slightly, about 3 minutes.
- ☐ Blot excess moisture from the pears using the paper towels. Dip pears completely into caramel, swirling until it is fully coated, allow excess to drip off slightly.
- ☐ Place on prepared sheet pan. Decorate with black sesame seeds for eyes and candy button noses, while the caramel is still soft. Repeat until all the pears are dipped. Allow to cool until firm about 30 minutes.
- ☐ Serve.
- ☐ Halloween Web 2008

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:8.91, Inflammation Score:-3, Nutrition Score:4.486086976269%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 217.6kcal (10.88%), Fat: 11.62g (17.88%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 25.93g (9.43%), Sugar: 24.09g (26.76%), Cholesterol: 14.42mg (4.81%), Sodium: 28.06mg (1.22%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 2.43g (4.87%), Copper: 0.35mg (17.45%), Manganese: 0.22mg (10.83%), Calcium: 106.75mg (10.67%), Iron: 1.45mg (8.03%), Magnesium: 30.91mg (7.73%), Fiber: 1.93g (7.7%), Phosphorus: 58.32mg (5.83%), Selenium: 3.3µg (4.72%), Vitamin B1: 0.07mg (4.53%), Zinc: 0.66mg (4.42%), Vitamin A: 192.02IU (3.84%), Vitamin B6: 0.07mg (3.67%), Vitamin B2: 0.04mg (2.38%), Folate: 9.45µg (2.36%), Potassium: 74.61mg (2.13%), Vitamin B3: 0.4mg (2.01%), Vitamin C: 0.93mg (1.13%), Vitamin K: 1.17µg (1.12%), Vitamin E: 0.15mg (1.01%)