



Caramelized Ginger Pears and Baked Brie

READY IN



265 min.

SERVINGS



40

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds anjou pears firm ripe peeled chopped
- 8 oz brie round
- 1 cup firmly brown sugar light packed
- 40 servings gingersnaps and crackers
- 0.5 cup crystallized ginger finely chopped
- 2 cups granulated sugar
- 2 tablespoons juice of lemon fresh

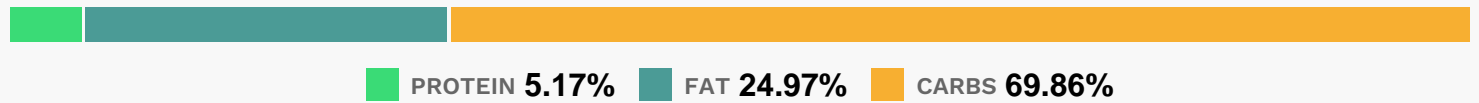
Equipment

- oven
- dutch oven

Directions

- Stir together first 5 ingredients in a large Dutch oven, and let stand at room temperature, stirring occasionally, 2 hours.
- Bring pear mixture to a boil over medium-high heat, stirring constantly. Reduce heat to low, and cook, stirring often, 1 hour or until thickened and golden. Cool completely (about 45 minutes).
- Trim rind from top of Brie round, leaving a 1/2-inch border on top.
- Place Brie round on an ovenproof plate. Spoon 1/2 cup pears over Brie round.
- Bake 15 minutes or until cheese begins to melt.
- Serve immediately with gingersnaps and crackers.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:9.01, Inflammation Score:-1, Nutrition Score:3.5578260862309%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 188.7kcal (9.43%), Fat: 5.38g (8.28%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 32.09g (11.67%), Sugar: 22.41g (24.9%), Cholesterol: 5.67mg (1.89%), Sodium: 179.15mg (7.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 10.13µg (9.64%), Fiber: 1.78g (7.11%), Phosphorus: 60.06mg (6.01%), Manganese: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.35%), Vitamin B2: 0.09mg (5.04%), Iron: 0.87mg (4.83%), Folate: 18.59µg (4.65%), Vitamin B3: 0.88mg (4.41%), Calcium: 43.87mg (4.39%), Vitamin E: 0.63mg (4.18%), Copper: 0.06mg (3.08%), Vitamin C: 2.24mg (2.72%), Potassium: 88.56mg (2.53%), Selenium: 1.73µg (2.47%), Magnesium: 7.89mg (1.97%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.28mg (1.87%), Vitamin B12: 0.09µg (1.56%), Vitamin B5: 0.13mg (1.29%)