



Caramelized Pear Cannoli with Praline Sauce

READY IN



490 min.

SERVINGS



8

CALORIES



446 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 40 inch purchased cannoli shells
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup heavy cream
- ☐ 8 servings praline sauce
- ☐ 1 teaspoon lemon zest
- ☐ 8 oz mascarpone cheese
- ☐ 3 pears firm ripe cut into 1-inch cubes
- ☐ 8 servings garnish: pears paper-thin

- ☐ 0.5 cup pecans chopped
- ☐ 2 tablespoons powdered sugar

Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 40
- ☐ Toss together first 3 ingredients.
- ☐ Spread in a single layer on a parchment paper-lined 15- x 10-inch jelly-roll pan.
- ☐ Bake 30 to 35 minutes or until lightly browned and tender. Reduce oven temperature to 35
- ☐ Let pears cool 20 minutes.
- ☐ Meanwhile, bake pecans at 350 in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Stir together pears, mascarpone, and lemon zest. Beat cream and powdered sugar at high speed with an electric mixer until soft peaks form. Fold whipped cream mixture into pear mixture.
- ☐ Spoon pear mixture into a zip-top plastic freezer bag; snip 1 corner of bag to make a 1-inch hole. Pipe pear mixture into cannoli shells.
- ☐ Place in a 13- x 9-inch pan. Cover and chill 2 hours before serving.
- ☐ Serve cannoli with warm Praline Sauce, and sprinkle with toasted pecans.
- ☐ Garnish, if desired.
- ☐ Note: We tested with cannoli shells purchased from our grocer's bakery. Ask the bakery clerk if you don't see them.
- ☐ Pair with: Saracco Moscato d'Asti.

Nutrition Facts



Properties

Glycemic Index:25.45, Glycemic Load:12.47, Inflammation Score:-5, Nutrition Score:8.027826057828%

Flavonoids

Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 1.76mg, Epigallocatechin: 1.76mg, Epigallocatechin: 1.76mg, Epigallocatechin: 1.76mg Epicatechin: 8.81mg, Epicatechin: 8.81mg, Epicatechin: 8.81mg, Epicatechin: 8.81mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 445.59kcal (22.28%), Fat: 27.46g (42.24%), Saturated Fat: 13.37g (83.54%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 40.82g (14.84%), Sugar: 29.86g (33.18%), Cholesterol: 48.92mg (16.31%), Sodium: 45.27mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Fiber: 7.9g (31.58%), Manganese: 0.42mg (20.93%), Iron: 3.02mg (16.8%), Vitamin A: 721.42IU (14.43%), Copper: 0.27mg (13.74%), Vitamin C: 10.49mg (12.72%), Vitamin K: 11.08µg (10.55%), Potassium: 312.97mg (8.94%), Calcium: 76.03mg (7.6%), Magnesium: 25.65mg (6.41%), Vitamin B2: 0.1mg (5.83%), Phosphorus: 55.88mg (5.59%), Vitamin B1: 0.08mg (5.07%), Folate: 18.47µg (4.62%), Vitamin B6: 0.09mg (4.37%), Zinc: 0.58mg (3.87%), Vitamin E: 0.55mg (3.68%), Vitamin B3: 0.47mg (2.33%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.24µg (1.59%), Selenium: 0.99µg (1.41%)