



Caramelized Pear, Chocolate and Goat Cheese Smoothie



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 purée of usa bartlett pear cored sliced
- ☐ 1 pinch cardamom
- ☐ 1 tablespoon cocoa
- ☐ 1 tablespoon cacao nibs
- ☐ 2 tablespoons goat blue
- ☐ 0.3 cup greek yogurt
- ☐ 1 teaspoon honey

- ☐ 1 cup milk
- ☐ 0.5 teaspoon olive oil

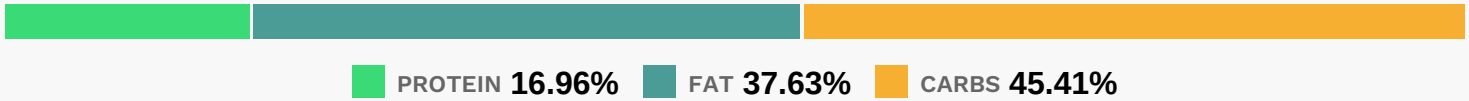
Equipment

- ☐ food processor
- ☐ blender
- ☐ baking pan

Directions

- ☐ Drizzle the pear slices with oil, place on a baking pan in a single layer and broil until golden brown, about 2–4 minutes per side. Keep an eye on them!Puree everything in a blender or food processor until smooth, serve garnished with crumbled cheese and cocoa nibs and enjoy!

Nutrition Facts



Properties

Glycemic Index:163.27, Glycemic Load:16.12, Inflammation Score:–6, Nutrition Score:17.420000076294%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 429.59kcal (21.48%), Fat: 18.51g (28.47%), Saturated Fat: 10.28g (64.28%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 41.92g (15.24%), Sugar: 36.59g (40.66%), Cholesterol: 42.28mg (14.09%), Sodium: 274.89mg (11.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 18.77g (37.53%), Calcium: 452.78mg (45.28%), Phosphorus: 425.36mg (42.54%), Vitamin B2: 0.59mg (34.82%), Fiber: 8.35g (33.39%), Vitamin B12: 1.84µg (30.64%), Potassium: 732.9mg (20.94%), Magnesium: 83.17mg (20.79%), Vitamin D: 2.75µg (18.36%), Selenium: 12.56µg (17.95%), Copper: 0.35mg (17.39%), Manganese: 0.31mg (15.34%), Zinc: 2.14mg (14.29%), Vitamin B5: 1.41mg (14.1%), Vitamin B6: 0.26mg (12.91%), Vitamin B1: 0.18mg (11.81%), Vitamin A: 553.94IU (11.08%), Vitamin C: 7.89mg (9.56%), Vitamin K: 9.16µg (8.72%), Iron: 1.17mg (6.48%), Folate: 20.96µg (5.24%), Vitamin B3: 0.92mg (4.57%), Vitamin E: 0.67mg (4.46%)