



## Caramelized Pear Tarts with Cardamom Cream

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

DESSERT

### Ingredients

- 2 bosc pear cored peeled halved lengthwise
- 0.5 cup granulated sugar
- 0.1 teaspoon ground cardamom
- 0.5 cup cup heavy whipping cream chilled
- 1 tablespoon juice of lemon fresh
- 1 puff pastry frozen thawed
- 2 tablespoons butter unsalted

### Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- hand mixer
- wooden spoon
- wax paper
- rolling pin

## Directions

- Put oven rack in middle position and preheat to 425°F. Line a baking sheet with parchment or wax paper.
- Roll out pastry into a 12-inch square on a lightly floured surface with a floured rolling pin.
- Brush off excess flour and cut out 4 (5-inch) rounds by tracing around an inverted plate or bowl with tip of a small sharp knife. Prick pastry rounds all over with a fork and transfer to baking sheet.
- Bake until rounds are puffed and golden, 12 to 15 minutes, then cool on baking sheet on a rack.
- While pastry bakes, toss pear halves with lemon juice in a bowl. Cook 1/2 cup granulated sugar and a pinch of salt in a dry 10-inch heavy skillet over moderate heat, swirling skillet (to help sugar melt evenly), until caramel is deep golden, about 4 minutes.
- Remove from heat and stir in butter with a wooden spoon (mixture will bubble vigorously). When bubbling begins to subside, immediately add pear halves, cut sides down, and cook over moderately low heat, covered, turning over once, until pears are tender when pierced with a small sharp knife, about 13 minutes total.
- Remove from heat.
- Beat cream, cardamom, and remaining tablespoon granulated sugar in a bowl with a whisk or an electric mixer until it just holds soft peaks.
- Put each pastry round on a small plate and dust lightly with confectioners sugar if desired. Spoon some of caramel sauce onto center of each round and top with a pear half, cut side

down.

Serve with cardamom cream on the side.

## Nutrition Facts

**PROTEIN 3.51%** **FAT 55.22%** **CARBS 41.27%**

### Properties

Glycemic Index:41.96, Glycemic Load:36.37, Inflammation Score:-5, Nutrition Score:8.9282608187717%

### Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

### Nutrients (% of daily need)

Calories: 636.83kcal (31.84%), Fat: 39.97g (61.49%), Saturated Fat: 16.37g (102.29%), Carbohydrates: 67.2g (22.4%), Net Carbohydrates: 63.5g (23.09%), Sugar: 35.05g (38.94%), Cholesterol: 48.67mg (16.22%), Sodium: 162.5mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Selenium: 16.03µg (22.9%), Manganese: 0.36mg (18.06%), Vitamin B1: 0.26mg (17.45%), Vitamin B2: 0.26mg (15.31%), Fiber: 3.71g (14.83%), Vitamin K: 15.22µg (14.49%), Folate: 56.15µg (14.04%), Vitamin B3: 2.72mg (13.61%), Vitamin A: 635.34IU (12.71%), Iron: 1.78mg (9.91%), Copper: 0.15mg (7.49%), Phosphorus: 66.78mg (6.68%), Vitamin C: 5.47mg (6.63%), Vitamin E: 0.88mg (5.86%), Potassium: 175.61mg (5.02%), Magnesium: 18.62mg (4.66%), Vitamin D: 0.58µg (3.87%), Calcium: 36.16mg (3.62%), Zinc: 0.5mg (3.34%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.13mg (1.32%)