



## Caramelized Pears with Blue Cheese and Ginger Gastrique

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

### Ingredients

- 2 ounces cheese blue crumbled
- 2 bosc pears cored peeled cut into 4 wedges
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 0.3 cup champagne vinegar
- 1 tablespoon ginger fresh minced
- 0.5 teaspoon thyme leaves fresh chopped

- 0.5 cup granulated sugar
- 0.5 teaspoon juice of lemon fresh
- 1 Dash cracked pepper black
- 0.3 teaspoon salt
- 0.5 cup water

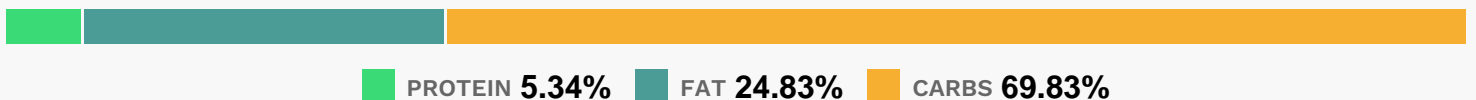
## Equipment

- bowl
- frying pan
- sauce pan
- sieve

## Directions

- Combine first 4 ingredients in a small saucepan over high heat; bring to a boil. Reduce heat; cook until reduced to 1/2 cup (about 8 minutes), stirring occasionally until sugar dissolves.
- Drain mixture through a fine sieve into a bowl, reserving cooking liquid; discard solids. Cool.
- Melt brown sugar and butter in a large nonstick skillet over medium-high heat. Cook 2 minutes. Stir in chopped thyme, juice, and salt.
- Add pears, cut-side down, to pan. Reduce heat to low; cook 2 minutes or until tender, turning once.
- Arrange 2 pear wedges on each of 4 plates; drizzle pears evenly with pan juices.
- Sprinkle 2 tablespoons cheese over each serving; top each serving with 2 tablespoons reserved cooking liquid.
- Sprinkle with black pepper.
- Garnish with thyme sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:68.96, Glycemic Load:21.56, Inflammation Score:-4, Nutrition Score:3.8356522101423%

## 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 249.6kcal (12.48%), Fat: 7.13g (10.97%), Saturated Fat: 4.47g (27.97%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 42.28g (15.38%), Sugar: 39.57g (43.96%), Cholesterol: 18.16mg (6.05%), Sodium: 336.61mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Fiber: 2.84g (11.35%), Calcium: 92.24mg (9.22%), Phosphorus: 68.76mg (6.88%), Vitamin C: 4.63mg (5.61%), Vitamin B2: 0.09mg (5.01%), Copper: 0.1mg (4.77%), Potassium: 164.46mg (4.7%), Vitamin A: 229.92IU (4.6%), Vitamin K: 4.54µg (4.33%), Selenium: 2.42µg (3.45%), Manganese: 0.07mg (3.38%), Zinc: 0.49mg (3.28%), Magnesium: 12.23mg (3.06%), Vitamin B5: 0.31mg (3.06%), Folate: 11.93µg (2.98%), Vitamin B12: 0.18µg (2.98%), Vitamin B6: 0.06mg (2.8%), Iron: 0.39mg (2.14%), Vitamin B3: 0.31mg (1.57%), Vitamin E: 0.23mg (1.53%), Vitamin B1: 0.02mg (1.05%)