



Caramelized Pears with Dulce de Leche Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 3 purée of usa bartlett pear cored ripe peeled cut in half lengthwise,
- ☐ 1 pint dulce de leche
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 1 tablespoon vanilla extract

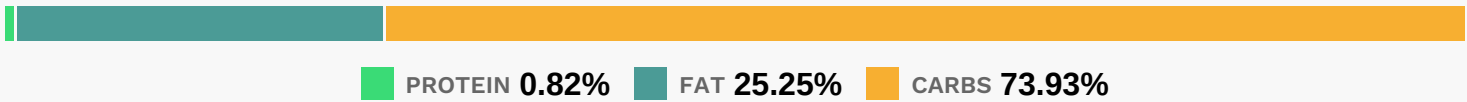
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place pears in large bowl; toss with lemon juice and vanilla. Melt butter in large ovenproof skillet over medium-high heat.
- ☐ Add sugar; shake skillet to spread sugar evenly.
- ☐ Place pears, cut side down, in skillet; drizzle with any remaining lemon juice mixture from bowl. Cook until sugar begins to dissolve and mixture bubbles all over, shaking pan often, about 5 minutes.
- ☐ Transfer skillet to oven.
- ☐ Bake pears until soft and juices are golden, about 15 minutes. Divide pears among plates. Top each pear half with scoop of ice cream.
- ☐ Drizzle with sauce from skillet and serve.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:21.8, Inflammation Score:-2, Nutrition Score:2.2165217250586%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 210.13kcal (10.51%), Fat: 5.92g (9.1%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 38.97g (12.99%), Net Carbohydrates: 36.19g (13.16%), Sugar: 34.01g (37.79%), Cholesterol: 15.05mg (5.02%), Sodium: 2.17mg (0.09%), Alcohol: 0.75g (100%), Alcohol %: 0.45% (100%), Protein: 0.43g (0.86%), Fiber: 2.78g (11.11%), Vitamin C: 6.33mg (7.68%), Vitamin A: 200.23IU (4%), Copper: 0.07mg (3.74%), Vitamin K: 3.87µg (3.69%), Potassium: 101.71mg (2.91%), Manganese: 0.04mg (2%), Vitamin B2: 0.03mg (1.96%), Vitamin E: 0.28mg (1.86%), Folate: 6.8µg (1.7%),

Magnesium: 6.11mg (1.53%), Vitamin B6: 0.03mg (1.34%), Phosphorus: 12.1mg (1.21%), Calcium: 10.55mg (1.06%), Iron: 0.19mg (1.06%)