



Cheddar-Pear Pie

READY IN



45 min.

SERVINGS



6

CALORIES



1709 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 2 tablespoons butter
- 0.5 cup flour all-purpose
- 5 medium size pears ripe peeled chopped
- 0.3 teaspoon salt
- 2 ounces sharp cheddar cheese shredded
- 0.3 cup sugar
- 0.3 cup sugar
- 9 inch unbaked pie shell frozen

0.3 teaspoon vanilla extract

Equipment

sauce pan

oven

blender

aluminum foil

Directions

Combine pears and 1/3 cup sugar in a 3 1/2-quart saucepan. Cook, stirring often, over medium-low heat 12 to 14 minutes or until pears are tender.

Remove from heat. (

Drain excess liquid, if necessary.)

Process pears in a blender until smooth; stir in 2 tablespoons butter and vanilla. Set aside.

Line pie shell with aluminum foil; fill with pie weights or dried beans.

Bake on lowest oven rack at 425 for 10 minutes.

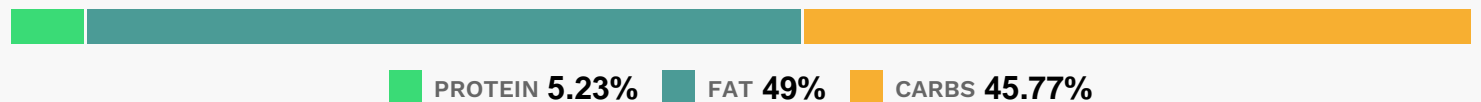
Remove weights and foil; bake 4 more minutes.

Combine cheese and next 3 ingredients. Stir in 1/4 cup melted butter.

Spoon pear mixture into prepared piecrust; sprinkle with cheese mixture. Cover edges with aluminum foil.

Bake at 425 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:63.16, Glycemic Load:25.99, Inflammation Score:-7, Nutrition Score:26.044347664584%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg,

Epigallocatechin: 0.88mg Epicatechin: 5.58mg, Epicatechin: 5.58mg, Epicatechin: 5.58mg, Epicatechin: 5.58mg
Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-
gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-
gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin:
0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 1708.64kcal (85.43%), Fat: 93.25g (143.46%), Saturated Fat: 33.6g (210%), Carbohydrates: 195.98g
(65.33%), Net Carbohydrates: 183.6g (66.76%), Sugar: 33.96g (37.73%), Cholesterol: 39.82mg (13.27%), Sodium:
1478.42mg (64.28%), Alcohol: 0.06g (100%), Alcohol %: 0.01% (100%), Protein: 22.41g (44.82%), Manganese: 1.47mg
(73.53%), Vitamin B1: 0.93mg (61.87%), Folate: 241.85µg (60.46%), Fiber: 12.38g (49.52%), Iron: 8.58mg (47.66%),
Vitamin B3: 8.97mg (44.83%), Vitamin B2: 0.65mg (38.26%), Selenium: 23.71µg (33.87%), Phosphorus: 291.73mg
(29.17%), Vitamin K: 29.67µg (28.26%), Copper: 0.37mg (18.32%), Magnesium: 60.53mg (15.13%), Calcium: 142.39mg
(14.24%), Vitamin B5: 1.39mg (13.88%), Potassium: 485.53mg (13.87%), Vitamin E: 1.96mg (13.09%), Zinc: 1.93mg
(12.89%), Vitamin B6: 0.2mg (10.23%), Vitamin A: 487.75IU (9.76%), Vitamin C: 6.38mg (7.73%), Vitamin B12: 0.12µg
(2.07%)