



Easy baked pears with amaretti

READY IN



25 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 4 pears ripe
- ☐ 100 g ricotta cheese
- ☐ 0.5 tsp cinnamon
- ☐ 4 tbsp clear honey
- ☐ 8 amaretti cookies crisp

Equipment

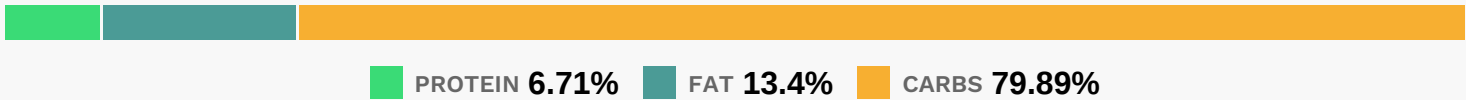
- ☐ oven
- ☐ knife

- ☐ baking pan
- ☐ rolling pin

Directions

- ☐ Cut each pear in half, then place on a large baking tray. Use a teaspoon to scoop out the cores and make a dip in the centre of each pear. If your pears are firm, you may need to use a sharp knife to do this. Dollop about 1 heaped tsp ricotta into each dip, then sprinkle over the cinnamon and drizzle with a little honey.
- ☐ Heat oven to 190C/fan 170C/gas 5, then roast the pears for 10 mins. Tip the biscuits into a food bag and use a rolling pin to lightly crush them.
- ☐ Remove the pears from the oven, then scatter the crumbs over each pear. Return to the oven for another 10 mins or until the pears are soft and the biscuit golden brown.
- ☐ Serve drizzled with honey.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:17.15, Inflammation Score:-2, Nutrition Score:5.1943478571332%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 247.4kcal (12.37%), Fat: 3.97g (6.11%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 47.2g (17.16%), Sugar: 41.28g (45.87%), Cholesterol: 12.75mg (4.25%), Sodium: 48.85mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.95%), Fiber: 6.05g (24.19%), Vitamin C: 7.77mg (9.42%), Manganese: 0.16mg (8.03%), Copper: 0.16mg (7.99%), Vitamin K: 8.21µg (7.82%), Calcium: 72.29mg (7.23%), Potassium: 245.05mg (7%), Phosphorus: 61.91mg (6.19%), Vitamin B2: 0.1mg (6.07%), Selenium: 3.98µg (5.69%), Folate: 15.9µg (3.97%), Magnesium: 15.82mg (3.96%), Iron: 0.64mg (3.58%), Zinc: 0.52mg (3.47%), Vitamin B6:

0.07mg (3.4%), Vitamin A: 156.71IU (3.13%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.25mg (1.66%), Vitamin B1:
0.02mg (1.65%), Vitamin B5: 0.16mg (1.56%), Vitamin B12: 0.09µg (1.42%)