



Fiesta Pear Dessert

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



985 kcal

DESSERT

Ingredients

- 4 bartlett pears diced cored
- 1 tablespoon cornstarch
- 6 8-inch flour tortillas ()
- 0.5 cup graham cracker crumbs
- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 1 teaspoon lemon zest
- 0.5 cup pecans chopped

- 1 quart whipped cream
- 1 quart vegetable oil for frying
- 1 tablespoon sugar white

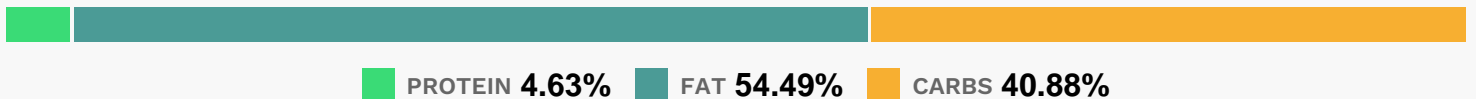
Equipment

- ladle
- wooden spoon
- deep fryer

Directions

- To Prepare Tortilla Shells: In a deep fryer bring oil to 375 degrees F (190 degrees C).
- Place one tortilla in the hot oil gently pressing the center with a wooden spoon or ladle until the tortilla forms a cup. Gently turn and fry each tortilla separately until golden brown on both sides.
- Combine pears, sugar, cornstarch, 1 teaspoon cinnamon and lemon zest. Cook and stir over medium heat until mixture comes to a boil; cook 1 minute longer.
- Let mixture cool.
- Combine cookie crumbs, pecans and remaining cinnamon. Form ice cream into 4 - 6 balls; roll in crumb mixture to coat.
- Place an ice cream ball in each fried tortilla shell. Top with the cooled pear mixture. Fried tortilla shells can be brushed with honey and dusted with ground cinnamon and sugar before filling, if desired.

Nutrition Facts



Properties

Glycemic Index:57.89, Glycemic Load:47.07, Inflammation Score:-7, Nutrition Score:20.182608666627%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg,

Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 985.32kcal (49.27%), Fat: 60.41g (92.94%), Saturated Fat: 17.68g (110.51%), Carbohydrates: 102g (34%), Net Carbohydrates: 94.07g (34.21%), Sugar: 62.41g (69.35%), Cholesterol: 69.4mg (23.13%), Sodium: 549.62mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Vitamin K: 67.09µg (63.89%), Manganese: 0.79mg (39.38%), Vitamin B2: 0.59mg (34.59%), Phosphorus: 324.02mg (32.4%), Fiber: 7.93g (31.72%), Calcium: 303.6mg (30.36%), Vitamin B1: 0.41mg (27.44%), Vitamin E: 3.33mg (22.21%), Selenium: 14.85µg (21.22%), Folate: 68.51µg (17.13%), Potassium: 556.5mg (15.9%), Iron: 2.84mg (15.78%), Vitamin B3: 3.03mg (15.13%), Copper: 0.3mg (15.02%), Vitamin A: 703.49IU (14.07%), Magnesium: 56.11mg (14.03%), Zinc: 2.04mg (13.6%), Vitamin B5: 1.14mg (11.4%), Vitamin B12: 0.62µg (10.25%), Vitamin B6: 0.17mg (8.36%), Vitamin C: 6.78mg (8.22%), Vitamin D: 0.32µg (2.1%)