



French in a Flash: Roquefort and Walnut-Stuffed Roasted Pears with Sauternes Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 bosc pear with a melon baller hulled ripe soft halved
- ☐ 0.5 teaspoon olive oil light
- ☐ 6 servings karo syrup
- ☐ 1.5 ounces roquefort cheese
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon walnuts toasted chopped

Equipment

- ☐ oven
- ☐ whisk
- ☐ melon baller

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Prepare the pear by slicing it in half and then removing the core with a melon baller. Rub with the olive oil, and season with salt and pepper. Nestle the pear halves in an individual gratin dish.
- ☐ Make the filling by combining the Roquefort with the walnuts. Mound into the cavities of the pear halves.
- ☐ Pour 1 or 2 tablespoons of
- ☐ Sauternes in the bottom of the gratin dish.
- ☐ Bake for 35 minutes, until the pear halves are soft, and the cheese bubbly.
- ☐ Meanwhile, make the
- ☐ Sauternes syrup by bringing the
- ☐ Sauternes and sugar to a boil.
- ☐ Whisk until the mixture is clear—all the sugar will have dissolved. The process does not take very long at all. Set aside to cool while the pears are cooking. When the pears are ready, simply drizzle with syrup and serve.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:7.2, Inflammation Score:-1, Nutrition Score:1.8760869736257%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 144.01kcal (7.2%), Fat: 3.66g (5.63%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 27.65g (10.05%), Sugar: 23.75g (26.39%), Cholesterol: 6.38mg (2.13%), Sodium: 337.33mg (14.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Calcium: 65.43mg (6.54%), Fiber: 1.03g (4.13%), Phosphorus: 37.11mg (3.71%), Manganese: 0.07mg (3.7%), Vitamin B2: 0.05mg (3.14%), Copper: 0.05mg (2.7%), Folate: 7.18µg (1.8%), Magnesium: 6.84mg (1.71%), Selenium: 1.19µg (1.7%), Vitamin A: 81.95IU (1.64%), Vitamin C: 1.3mg (1.57%), Zinc: 0.23mg (1.53%), Vitamin K: 1.55µg (1.48%), Vitamin B5: 0.15mg (1.47%), Potassium: 48.42mg (1.38%), Vitamin B6: 0.03mg (1.32%)