



Fruit-and-Almond Gratins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond flour (see cooks' note, below)
- ☐ 3 ounces almonds sliced
- ☐ 2 purée of usa bartlett pear (1 pound total)
- ☐ 0.3 cup powdered sugar
- ☐ 2 large eggs
- ☐ 3 ounces grapes seedless
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 5 ounces raspberries
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted cut into 1/2-inch cubes
- ☐ 0.5 teaspoon vanilla

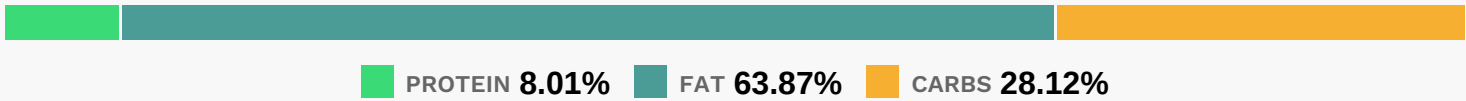
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter gratin dishes.
- ☐ Whisk together eggs, cream, confectioners sugar, almond flour, vanilla, and salt in a bowl until combined well. Quarter pears lengthwise, then peel, core, and cut into 1/2-inch-wide wedges. Toss pears with lemon juice in a bowl, then divide among gratin dishes. Divide raspberries and grapes among gratin dishes, then pour custard mixture over fruit.
- ☐ Sprinkle with almonds and dot with butter.
- ☐ Transfer gratin dishes to a shallow baking pan.
- ☐ Bake until pears are tender, about 30 minutes. Preheat broiler and broil gratins 4 to 5 inches from heat until almonds are golden, 1 to 2 minutes. Cool on a rack to warm or room temperature before serving.
- ☐ Almond flour (made from blanched almonds) and almond meal (containing the skins) are about the same grind and can be used interchangeably in this recipe.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:6.72, Inflammation Score:-7, Nutrition Score:15.673478188722%

Flavonoids

Cyanidin: 16.74mg, Cyanidin: 16.74mg, Cyanidin: 16.74mg, Cyanidin: 16.74mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 531.34kcal (26.57%), Fat: 39.11g (60.17%), Saturated Fat: 15.99g (99.91%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 30.09g (10.94%), Sugar: 25.53g (28.37%), Cholesterol: 157.12mg (52.37%), Sodium: 119.92mg (5.21%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 11.04g (22.08%), Vitamin E: 6.77mg (45.12%), Manganese: 0.78mg (39.06%), Fiber: 8.66g (34.64%), Vitamin B2: 0.47mg (27.74%), Phosphorus: 196.98mg (19.7%), Vitamin A: 977.88IU (19.56%), Magnesium: 77.61mg (19.4%), Copper: 0.37mg (18.62%), Vitamin C: 15.03mg (18.21%), Selenium: 9.82µg (14.04%), Calcium: 128.28mg (12.83%), Potassium: 409.56mg (11.7%), Iron: 2.02mg (11.24%), Vitamin K: 11.27µg (10.73%), Folate: 36.43µg (9.11%), Zinc: 1.31mg (8.72%), Vitamin D: 1.19µg (7.93%), Vitamin B5: 0.74mg (7.42%), Vitamin B6: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.51%), Vitamin B3: 1.22mg (6.08%), Vitamin B12: 0.29µg (4.9%)