



Gingered Pears in Phyllo Cups

READY IN



80 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

Ingredients

- 1 pound anjou pear (2 medium)
- 2 tablespoons candied ginger finely chopped
- 0.8 cup cup heavy whipping cream very cold
- 2 tablespoons brown sugar light packed
- 6 sheets athens phyllo shells (13-by-17-inch)
- 0.1 teaspoon salt fine
- 0.5 cup cream sour
- 3 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract

- 0.3 cup walnuts toasted coarsely chopped

Equipment

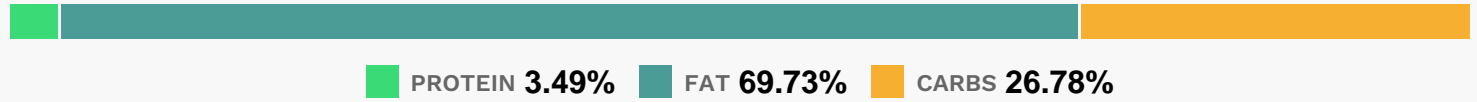
- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- wire rack
- plastic wrap
- muffin tray
- cutting board

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Arrange a sheet of phyllo on a large cutting board (be sure to cover the remaining phyllo sheets with a slightly damp paper towel or plastic wrap) and brush the top with melted butter. Arrange another sheet on top of the first sheet and repeat, alternating butter and phyllo, until there are 6 layers.
- Brush the top layer with butter. Using a sharp knife, cut the phyllo into 12 approximately 4-by-4-inch squares. Fit 1 square snugly into each well of a 12-well muffin pan, gently pressing the phyllo into the bottom and up the sides of each well.
- Bake until the dough is lightly browned and crispy, about 10 minutes.
- Remove the pan from the oven and let it cool on a wire rack. When the cups are cool, remove them from the pan and set aside. The cups can be stored at room temperature in an airtight container for up to 2 days. For the pears: Peel, halve, and core the pears.
- Cut into medium dice (you should have about 2 cups) and set aside. Melt the butter in a medium frying pan over medium heat until foaming.
- Sprinkle the brown sugar over top and cook until the mixture is bubbling and the sugar has dissolved, about 3 minutes.

- Place the cream, brown sugar, and vanilla in a large bowl and whisk vigorously until stiff peaks form, about 5 minutes.
- Add the sour cream and whisk until just incorporated. To serve, divide the gingered pears and their juices among the phyllo cups and top with the whipped cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:2.5760869591132%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 152.61kcal (7.63%), Fat: 12.31g (18.94%), Saturated Fat: 6.39g (39.97%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.24g (3.36%), Sugar: 7.76g (8.62%), Cholesterol: 29.99mg (10%), Sodium: 33.91mg (1.47%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 1.39g (2.78%), Vitamin A: 375.93IU (7.52%), Manganese: 0.13mg (6.61%), Fiber: 1.39g (5.56%), Copper: 0.09mg (4.38%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 32.62mg (3.26%), Calcium: 28.62mg (2.86%), Potassium: 88.04mg (2.52%), Magnesium: 10.05mg (2.51%), Vitamin K: 2.62µg (2.49%), Vitamin C: 1.84mg (2.23%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.29µg (1.94%), Vitamin B6: 0.04mg (1.93%), Folate: 7.13µg (1.78%), Selenium: 1.06µg (1.51%), Zinc: 0.21mg (1.4%), Vitamin B1: 0.02mg (1.38%), Vitamin B5: 0.11mg (1.14%), Iron: 0.2mg (1.11%)