



Grilled Pears with Honey-Whipped Greek Yogurt and Toasted Almonds

 Vegetarian  Gluten Free  Popular

READY IN



16 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- 1 cup greek yogurt whole
- 2 tablespoons honey plus more for drizzling
- 4 pears such as d'anjou or bosc ripe
- 1 tablespoon butter unsalted melted
- 0.5 teaspoon vanilla extract
- 0.3 cup almonds whole

Equipment

- food processor
- bowl
- baking sheet
- oven
- blender
- hand mixer
- grill
- toaster
- measuring spoon
- panini press

Directions

- Whip the yogurt, honey and vanilla in a blender, mini-prep food processor or with an electric mixer until it's creamy, smooth and shiny, about 2 minutes.
- Transfer it to a small bowl and refrigerate while you prepare the other ingredients. Toast the almonds on a baking sheet at 350°F in a toaster oven or regular oven until they're fragrant, about 5 minutes. Keep your eye on them so they don't burn! Preheat the panini grill to High (or the highest heat setting). Slice each pear in half lengthwise and remove the core (an easy way is to scoop out the core with a teaspoon from your measuring spoon set).
- Brush a little butter onto the cut sides.
- Place the pears, cut side down, onto the grill and close the lid so that it rests gently on top of the pears. Grill until dark grill marks appear and you can smell the aroma of burnt caramel, about 3 minutes.
- Transfer the pears to individual bowls or martini glasses. Top with a few dollops of the honey-whipped yogurt, sprinkle on a few toasted almonds and drizzle with honey.

Nutrition Facts



PROTEIN 11.98% **FAT 26.9%** **CARBS 61.12%**

Properties

Glycemic Index:24.76, Glycemic Load:12.51, Inflammation Score:-4, Nutrition Score:8.5113043512987%

Flavonoids

Cyanidin: 3.89mg, Cyanidin: 3.89mg, Cyanidin: 3.89mg, Cyanidin: 3.89mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg 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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 242.16kcal (12.11%), Fat: 7.73g (11.9%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 32.87g (11.95%), Sugar: 28.06g (31.18%), Cholesterol: 10.02mg (3.34%), Sodium: 20.72mg (0.9%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 7.75g (15.49%), Fiber: 6.66g (26.62%), Vitamin B2: 0.29mg (17.31%), Vitamin E: 2.59mg (17.25%), Manganese: 0.3mg (15.19%), Phosphorus: 133.64mg (13.36%), Copper: 0.25mg (12.56%), Magnesium: 42.43mg (10.61%), Potassium: 349.53mg (9.99%), Calcium: 97.09mg (9.71%), Vitamin C: 7.71mg (9.34%), Selenium: 5.61µg (8.02%), Vitamin K: 8.08µg (7.69%), Vitamin B12: 0.36µg (5.93%), Folate: 20.21µg (5.05%), Zinc: 0.75mg (4.99%), Vitamin B6: 0.1mg (4.93%), Iron: 0.73mg (4.07%), Vitamin B3: 0.73mg (3.66%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.31mg (3.06%), Vitamin A: 134.05IU (2.68%)