



Gruyere with Pear Confit

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bartlett pears light green yellow firm
- ☐ 2 slices ginger fresh
- ☐ 4 ounces gruyère cheese
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 cup brown sugar light packed
- ☐ 8 slices whole-grain bread cut in half thin
- ☐ 4 tablespoons butter unsalted ()

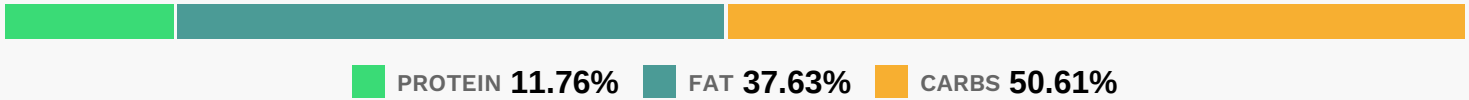
Equipment

- ☐ frying pan
- ☐ knife
- ☐ peeler
- ☐ melon baller

Directions

- ☐ Peel the pears and cut them in half. Scoop out the seeds with a melon baller or cut them out with a knife. Slice thin and set aside. In a medium skillet, melt the butter over medium heat.
- ☐ Add the sugar and cook, stirring, until slightly browned, about 3 to 5 minutes.
- ☐ Add the lemon juice and ginger and stir.
- ☐ Add the pears and reduce the heat to low. Cook uncovered, stirring occasionally, until the pear slices are tender and almost translucent and the mixture is thickened, about 30 minutes.
- ☐ Let cool to room temperature. To serve, shave the cheese with a vegetable peeler or a cheese slicer into thin shards. Toast the bread. Spoon a mound of confit in the center of each serving plate. Fan 4 pieces of toast around the top of the plate, and pile the cheese shards around the bottom.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:20.05, Inflammation Score:-6, Nutrition Score:15.968260816906%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 537.33kcal (26.87%), Fat: 22.7g (34.92%), Saturated Fat: 12.96g (81.02%), Carbohydrates: 68.7g (22.9%), Net Carbohydrates: 61.79g (22.47%), Sugar: 40.36g (44.85%), Cholesterol: 61.28mg (20.43%), Sodium: 464.96mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.92%), Manganese: 1.26mg (63.17%), Calcium: 414.4mg (41.44%), Phosphorus: 307.82mg (30.78%), Fiber: 6.91g (27.64%), Selenium: 19.15µg (27.36%), Vitamin B1: 0.25mg (16.76%), Magnesium: 63.55mg (15.89%), Zinc: 2.21mg (14.72%), Vitamin B3: 2.74mg (13.72%),

Vitamin A: 652.3IU (13.05%), Vitamin B2: 0.21mg (12.19%), Copper: 0.24mg (12.11%), Iron: 1.9mg (10.58%), Vitamin K: 10.43µg (9.93%), Vitamin B6: 0.19mg (9.42%), Potassium: 325.55mg (9.3%), Folate: 34.72µg (8.68%), Vitamin B12: 0.48µg (7.96%), Vitamin C: 6.5mg (7.87%), Vitamin B5: 0.65mg (6.5%), Vitamin E: 0.85mg (5.67%), Vitamin D: 0.38µg (2.53%)