



Individual Pear Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



728 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 ounces to 6 bosc pears peeled halved lengthwise sliced
- ☐ 4 tablespoons butter melted
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 tablespoons brown sugar light
- ☐ 17.3 ounce puff pastry frozen thawed

- ☐ 6 servings garnishes: whipped cream sweetened freshly grated
- ☐ 12 presoaked wooden picks
- ☐ 12 presoaked wooden picks

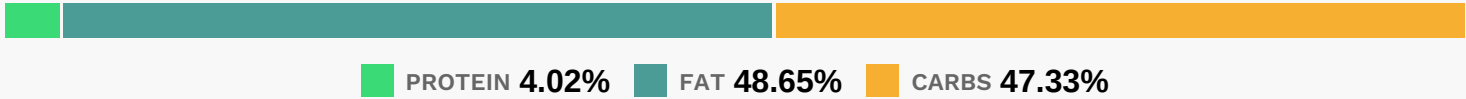
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 400
- ☐ Lightly dust work surface with 3 tablespoons flour; roll out 1 sheet puff pastry to 1/8-inch thickness.
- ☐ Cut 6 (4-inch) rounds.
- ☐ Cut additional shapes, such as leaves or stars, from scraps for garnish, if desired.
- ☐ Transfer rounds to a parchment-lined rimmed baking sheet, and transfer shapes to a second parchment-lined rimmed sheet. Chill 10 minutes or until ready to assemble.
- ☐ Bake rounds at 400 for 7 minutes, and set aside. (Do not prebake additional shapes.)
- ☐ Mix together brown sugar and next 4 ingredients in a large bowl. Carefully stir in pear slices.
- ☐ Arrange pear slices in concentric circles on rounds. When each round is stacked about 2 inches high, insert 2 presoaked wooden picks into the top of each tartlet to secure slices.
- ☐ Drizzle with any remaining sugar mixture.
- ☐ Bake tartlets and shapes at 400 for 15 minutes or until shapes are puffed and golden brown.
- ☐ Transfer shapes to a cooling rack, and let cool completely.
- ☐ Bake tartlets an additional 10 minutes or until golden brown and slightly caramelized.
- ☐ Transfer tarts to dessert plates.
- ☐ Garnish, if desired, with baked pastry shapes, sweetened whipped cream, and nutmeg.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:32.95, Inflammation Score:-6, Nutrition Score:13.336521696785%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 8.88mg, Epicatechin: 8.88mg, Epicatechin: 8.88mg, Epicatechin: 8.88mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 727.72kcal (36.39%), Fat: 40.43g (62.19%), Saturated Fat: 13.57g (84.81%), Carbohydrates: 88.5g (29.5%), Net Carbohydrates: 79.74g (29%), Sugar: 35.84g (39.82%), Cholesterol: 24.63mg (8.21%), Sodium: 269.9mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Fiber: 8.76g (35.02%), Selenium: 21.62µg (30.88%), Manganese: 0.58mg (28.81%), Vitamin B1: 0.39mg (25.77%), Vitamin K: 24.39µg (23.22%), Folate: 88.26µg (22.07%), Vitamin B3: 4.04mg (20.18%), Vitamin B2: 0.32mg (18.75%), Iron: 2.8mg (15.56%), Copper: 0.3mg (14.99%), Vitamin C: 11.15mg (13.51%), Potassium: 358.67mg (10.25%), Phosphorus: 89.86mg (8.99%), Magnesium: 32.67mg (8.17%), Vitamin A: 335.09IU (6.7%), Vitamin E: 0.99mg (6.6%), Calcium: 50.35mg (5.04%), Zinc: 0.73mg (4.9%), Vitamin B6: 0.1mg (4.82%), Vitamin B5: 0.18mg (1.8%)