



Joyce's Pears Supreme



Vegetarian



Gluten Free

READY IN



510 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup confectioners' sugar
- ☐ 1 pasteurized egg beaten
- ☐ 1 cup heavy whipping cream
- ☐ 30 ounce pear halves drained canned
- ☐ 1 tablespoon cocoa powder unsweetened or as needed
- ☐ 1 teaspoon vanilla extract

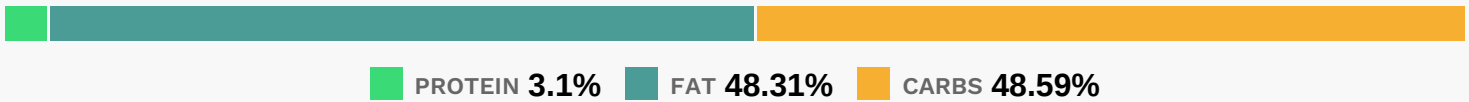
Equipment

- ☐ bowl
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Layer half the drained pears into the bottom of a glass baking dish with flat sides up. Fill the hollow in each pear with 1 or 2 pinches of cocoa powder.
- ☐ Place remaining pears on top of the first ones with flat sides down and hold the pear halves together with toothpicks. Refrigerate pears overnight.
- ☐ Before serving, whip cream in a chilled metal bowl with an electric mixer on medium–high speed until cream is fluffy and forms soft peaks when beaters are lifted straight up, about 5 minutes. Reduce mixer speed to medium and beat pasteurized egg, confectioners' sugar, melted butter, and vanilla extract into the whipped cream to make a foamy sauce.
- ☐ Place each pear (made of 2 halves) onto a serving dish, remove toothpicks, and drizzle with sauce to serve.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:4.73, Inflammation Score:-4, Nutrition Score:4.2547826041346%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 255.92kcal (12.8%), Fat: 14.34g (22.06%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 28.91g (10.51%), Sugar: 26g (28.89%), Cholesterol: 61.6mg (20.53%), Sodium: 39.89mg (1.73%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 2.07g (4.15%), Fiber: 3.53g (14.11%), Vitamin A: 581.07IU (11.62%), Vitamin B2: 0.11mg (6.75%), Copper: 0.12mg (5.98%), Vitamin C: 4.75mg (5.76%), Vitamin K: 5.91µg (5.63%), Potassium: 170.55mg (4.87%), Phosphorus: 46.36mg (4.64%), Selenium: 2.9µg (4.15%), Manganese: 0.08mg (3.93%), Vitamin D: 0.59µg (3.91%), Vitamin E: 0.54mg (3.61%), Calcium: 34.13mg (3.41%), Magnesium: 13.43mg (3.36%), Folate: 11.52µg (2.88%), Vitamin B6: 0.05mg (2.58%), Iron: 0.41mg (2.3%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.1µg (1.71%), Vitamin B1: 0.02mg (1.44%), Vitamin B3: 0.21mg (1.06%)