



Pancetta Crisps With Goat Cheese and Pear

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



196 kcal

Ingredients

- 1 purée of usa bartlett pear
- 4 oz goat cheese crumbled
- 6 servings honey
- 0.3 lb pancetta thin
- 6 servings freshly cracked pepper
- 6 servings garnish: thyme sprigs fresh

Equipment

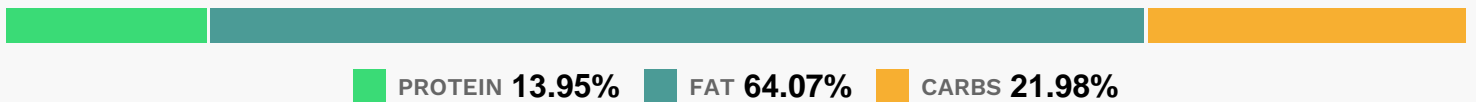
- baking sheet
- paper towels

- oven
- wire rack
- aluminum foil
- spatula
- apple corer

Directions

- Arrange pancetta slices in a single layer on an aluminum foil-lined baking sheet.
- Bake at 450 for 8 to 10 minutes or until golden.
- Transfer to a paper towel-lined wire rack using a spatula.
- Let stand 10 minutes or until crisp.
- Core pear with an apple corer.
- Cut pear crosswise into 12 thin rings. Arrange on a serving platter. Top evenly with pancetta and goat cheese; sprinkle with pepper.
- Drizzle with honey just before serving.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:4.0899999867315%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 196.21kcal (9.81%), Fat: 14.05g (21.62%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 9.75g (3.55%), Sugar: 8.79g (9.77%), Cholesterol: 25.33mg (8.44%), Sodium: 237.06mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Copper: 0.18mg (9.07%), Phosphorus: 89.43mg (8.94%), Selenium: 5.68µg (8.12%), Vitamin B6: 0.13mg (6.37%), Vitamin B2: 0.11mg (6.32%), Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.09mg (5.8%), Vitamin A: 260.92IU (5.22%), Fiber: 1.1g (4.4%), Iron: 0.73mg (4.07%), Vitamin

C: 2.94mg (3.57%), Zinc: 0.53mg (3.53%), Calcium: 35.3mg (3.53%), Manganese: 0.07mg (3.41%), Vitamin B5: 0.29mg (2.91%), Potassium: 95.83mg (2.74%), Vitamin B12: 0.16µg (2.7%), Magnesium: 9.74mg (2.43%), Vitamin K: 1.63µg (1.55%), Vitamin E: 0.18mg (1.19%), Vitamin D: 0.18µg (1.18%), Folate: 4.66µg (1.16%)