



Pancetta Crisps With Goat Cheese and Pear

 Gluten Free

READY IN



33 min.

SERVINGS



15

CALORIES



91 kcal

Ingredients

- ☐ 1 purée of usa bartlett pear red
- ☐ 4 oz goat cheese crumbled
- ☐ 15 servings honey
- ☐ 0.3 lb pancetta thin
- ☐ 15 servings freshly cracked pepper

Equipment

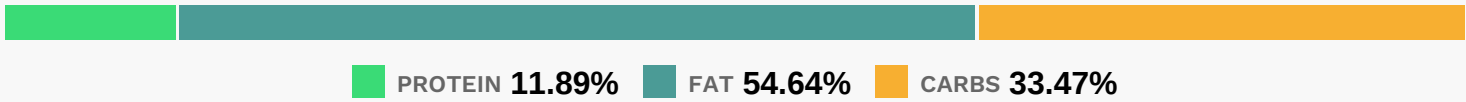
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Arrange pancetta slices in a single layer on an aluminum foil-lined baking sheet.
- ☐ Bake 8 to 10 minutes or until golden.
- ☐ Transfer to a paper towel-lined wire rack.
- ☐ Let stand 10 minutes or until crisp. Core pear, and cut crosswise into 12 thin rings. Arrange on a serving platter. Top with pancetta and crumbled goat cheese; sprinkle with freshly cracked pepper.
- ☐ Drizzle with honey just before serving.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:3.6, Inflammation Score:-1, Nutrition Score:1.5743478173795%

Nutrients (% of daily need)

Calories: 91kcal (4.55%), Fat: 5.62g (8.64%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.34g (2.67%), Sugar: 6.96g (7.74%), Cholesterol: 10.13mg (3.38%), Sodium: 94.97mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Copper: 0.07mg (3.63%), Phosphorus: 35.61mg (3.56%), Selenium: 2.31µg (3.3%), Vitamin B6: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.52%), Vitamin B3: 0.47mg (2.33%), Vitamin B1: 0.03mg (2.31%), Vitamin A: 85.69IU (1.71%), Fiber: 0.41g (1.63%), Manganese: 0.03mg (1.57%), Zinc: 0.21mg (1.43%), Iron: 0.25mg (1.37%), Calcium: 13.02mg (1.3%), Vitamin B5: 0.12mg (1.18%), Potassium: 38.88mg (1.11%), Vitamin B12: 0.06µg (1.08%)