



Pear and Blue Cheese Pastry Triangles

 Vegetarian

READY IN



120 min.

SERVINGS



36

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup cheese blue crumbled
- 3 tablespoons butter
- 1 tablespoon olive oil
- 2 pears firm peeled sliced quartered
- 17.5 ounce puff pastry frozen thawed
- 36 servings salt and pepper to taste
- 4 onion sweet thinly sliced

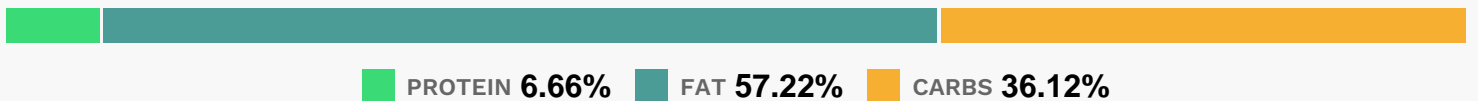
Equipment

- frying pan
- baking sheet
- baking paper
- oven
- knife

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line two baking sheets with parchment paper.
- Melt the butter and olive oil in a large skillet over medium heat. Stir the onions into the butter, and cook until the onions have softened and caramelized to a deep, golden brown, 30 to 40 minutes. Stir frequently as the onions cook to keep them from burning. Once done, season with salt and pepper, and set aside to cool.
- Use a sharp knife to cut each sheet of puff pastry into 9 squares.
- Cut each square in half diagonally to yield 36 triangles.
- Place the triangles onto the prepared baking sheets, and top with the caramelized onions, pears, and 1 teaspoon of blue cheese.
- Bake in the preheated oven until the pastry is puffed and golden brown, 20 to 30 minutes. Allow to cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:3.82, Inflammation Score:-2, Nutrition Score:2.5669565265593%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg

Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 115.07kcal (5.75%), Fat: 7.44g (11.44%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.72g (3.53%), Sugar: 2.93g (3.25%), Cholesterol: 4.62mg (1.54%), Sodium: 271mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Selenium: 3.95µg (5.64%), Folate: 20.95µg (5.24%), Manganese: 0.1mg (5.04%), Vitamin B1: 0.07mg (4.8%), Vitamin B2: 0.06mg (3.53%), Fiber: 0.84g (3.38%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 30.55mg (3.05%), Vitamin K: 3.15µg (3%), Vitamin B6: 0.06mg (2.91%), Iron: 0.48mg (2.66%), Vitamin C: 2.19mg (2.66%), Calcium: 24.88mg (2.49%), Copper: 0.05mg (2.28%), Potassium: 71.17mg (2.03%), Magnesium: 6.88mg (1.72%), Zinc: 0.21mg (1.38%), Vitamin E: 0.18mg (1.22%), Vitamin A: 53.59IU (1.07%)