



Pear and Blue-Cheese Pastry Triangles

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 1.5 cups gorgonzola blue crumbled
- 1 tablespoon olive oil
- 8 oz firm-ripe pear rinsed cut in half crosswise, then lengthwise
- 2 sheets puff pastry thawed
- 36 servings salt and pepper
- 4 onions sweet yellow peeled sliced very thinly (Walla-Walla, Maui, or Vidalia) (2 lb. total)

Equipment

- frying pan
- baking paper
- oven
- knife
- rolling pin
- pizza cutter

Directions

- In a 12-inch frying pan over medium heat, melt the butter with the olive oil.
- Add the sliced onion and reduce heat slightly (between medium and medium-low). Cook, stirring occasionally, until the onions soften and turn brown, 30 to 40 minutes. Meanwhile, trim the pear quarters to remove seeds, then cut into thin slices; set aside. When onions are done, sprinkle with salt and pepper to taste and set aside to cool to room temperature.
- Preheat oven to 375 (convection oven not recommended). Line two 14- by 17-inch sheet pans with parchment paper and transfer one sheet of pastry dough to each.
- Roll out pastry lightly with a floured rolling pin to flatten any creases.
- Using a pizza cutter or sharp knife, cut the pastry sheets into triangle, wedge, or diamond-shaped pieces about 2 inches wide (don't worry if you cut through parchment). Slightly separate pieces so that they are not touching.
- Lay a pear slice in the center of each wedge (trim the slice so that it doesn't cover the entire pastry). Top with a small pile of caramelized onions and about 1/2 teaspoon of the gorgonzola or blue cheese.
- Bake in oven until fully puffed and golden, about 25 to 30 minutes.
- Serve warm.
- Do-ahead tips: Cook the onions up to 2 days ahead. Store onions in an airtight container in the refrigerator. Slice pears, prepare puff pastry, and bake just before serving.
- Party short-cut: Hosting a bigger crowd? Buy extra puff pastry and get creative with toppings. Try sliced mushrooms and fontina cheese, or thinly sliced cooked red potatoes, thyme, and sea salt.

Nutrition Facts



PROTEIN 8.13% FAT 63.09% CARBS 28.78%

Properties

Glycemic Index:5.47, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:2.3326086868411%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 115.14kcal (5.76%), Fat: 8.16g (12.55%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.76g (2.82%), Sugar: 1.26g (1.4%), Cholesterol: 6.73mg (2.24%), Sodium: 300.43mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Selenium: 4.19µg (5.98%), Manganese: 0.09mg (4.31%), Vitamin B1: 0.06mg (4.15%), Folate: 15.44µg (3.86%), Vitamin B2: 0.07mg (3.84%), Calcium: 34.84mg (3.48%), Phosphorus: 34.52mg (3.45%), Vitamin B3: 0.65mg (3.25%), Vitamin K: 2.97µg (2.83%), Fiber: 0.61g (2.43%), Iron: 0.41mg (2.26%), Zinc: 0.25mg (1.67%), Vitamin A: 74.03IU (1.48%), Vitamin B6: 0.03mg (1.44%), Vitamin C: 1.18mg (1.42%), Copper: 0.03mg (1.39%), Potassium: 48.18mg (1.38%), Magnesium: 5.16mg (1.29%), Vitamin E: 0.18mg (1.2%), Vitamin B12: 0.07µg (1.18%), Vitamin B5: 0.12mg (1.17%)