



Pear and Blue Cheese Tart

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



71 kcal

Ingredients

- 0.3 cup water hot
- 2 tablespoons butter
- 0.3 cup shallots finely chopped
- 2 medium pears peeled cut into 1/4-inch slices (2 cups)
- 0.3 cup walnut pieces chopped
- 2 oz cheese blue crumbled
- 2 tablespoons parsley fresh chopped
- 1.5 cups frangelico

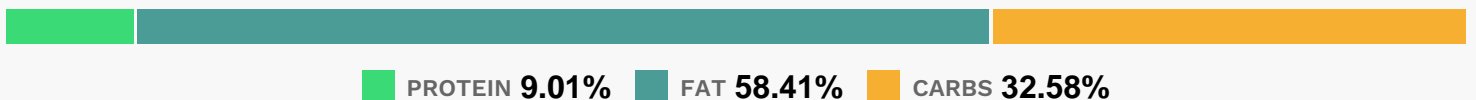
Equipment

- bowl
- frying pan
- oven
- wire rack
- tart form

Directions

- Heat oven to 425°F. Spray 9-inch tart pan with removable bottom with cooking spray.
- In medium bowl, stir Bisquick mix and hot water until soft dough forms. Press dough in bottom and up side of tart pan, using fingers coated with Bisquick mix.
- Bake 10 minutes.
- Meanwhile, in 8-inch skillet, melt butter over medium heat.
- Add shallots; cook 2 to 4 minutes, stirring occasionally, until tender; remove from heat.
- Arrange pear slices on crust.
- Spread butter mixture over pears.
- Bake 20 minutes.
- Sprinkle walnuts over pears.
- Bake about 10 minutes longer or until tart is golden brown.
- Remove from oven; sprinkle with cheese. Cool 10 minutes on cooling rack.
- Sprinkle with parsley.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.15, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:2.6973913273086%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 71.28kcal (3.56%), Fat: 4.88g (7.5%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 4.81g (1.75%), Sugar: 3.5g (3.89%), Cholesterol: 3.54mg (1.18%), Sodium: 78.18mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin K: 12.47µg (11.88%), Manganese: 0.12mg (5.91%), Fiber: 1.32g (5.26%), Vitamin A: 183.84IU (3.68%), Copper: 0.07mg (3.64%), Phosphorus: 35.15mg (3.51%), Calcium: 34.26mg (3.43%), Vitamin C: 2.72mg (3.3%), Vitamin B6: 0.05mg (2.65%), Potassium: 83.88mg (2.4%), Folate: 9.44µg (2.36%), Magnesium: 8.86mg (2.22%), Vitamin B2: 0.03mg (1.9%), Zinc: 0.26mg (1.76%), Iron: 0.26mg (1.44%), Vitamin B5: 0.13mg (1.34%), Selenium: 0.91µg (1.31%), Vitamin B1: 0.02mg (1.2%)