



Pear and Gorgonzola Tart

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



924 kcal

DESSERT

Ingredients

- ☐ 2 bay leaves
- ☐ 4 peppercorns black
- ☐ 1 large egg yolk
- ☐ 4 ounces gorgonzola room temperature ()
- ☐ 1.5 tablespoon honey
- ☐ 2 pears cored peeled cut in half and)
- ☐ 1 walnut pie shell (fitted in tart pans and pre-baked)
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 2 cups sugar
- ☐ 0.5 teaspoon thyme leaves chopped ()
- ☐ 1 cup water
- ☐ 2 cups white wine

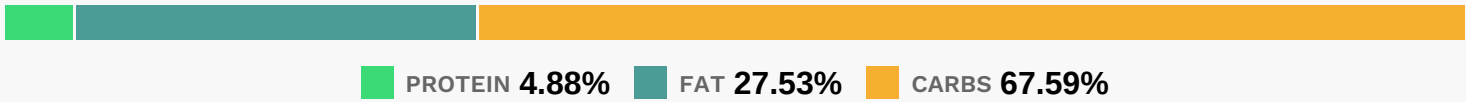
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place the pears in a large sauce pan with cut side down followed by the sugar, wine, water, peppercorns, and bay leaves and simmer covered until the pears are tender, about 10–30 minutes. (Note: The simmer time can vary depending on how ripe the pears are.)
- ☐ Remove from heat and let cool to room temperature in the liquid.
- ☐ Slice the pears thinly.
- ☐ Mix the gorgonzola, sour cream, honey, thyme and egg yolk inf a food processor until smooth.
- ☐ Spread the filling out over the tart crust and top with fanned sliced pears.
- ☐ Bake in a preheated 350F oven until the filling is set, about 10–15 minutes.

Nutrition Facts



Properties

Glycemic Index:69.53, Glycemic Load:77.82, Inflammation Score:-7, Nutrition Score:10.891739223314%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg

Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 923.64kcal (46.18%), Fat: 26.38g (40.58%), Saturated Fat: 12.1g (75.64%), Carbohydrates: 145.71g (48.57%), Net Carbohydrates: 141.8g (51.56%), Sugar: 117.24g (130.27%), Cholesterol: 84.12mg (28.04%), Sodium: 522.01mg (22.7%), Alcohol: 12.36g (100%), Alcohol %: 3.26% (100%), Protein: 10.52g (21.04%), Calcium: 216.21mg (21.62%), Phosphorus: 211.81mg (21.18%), Manganese: 0.41mg (20.52%), Vitamin B2: 0.32mg (18.59%), Fiber: 3.91g (15.64%), Selenium: 10.86µg (15.51%), Folate: 55.69µg (13.92%), Iron: 1.97mg (10.95%), Vitamin B1: 0.16mg (10.35%), Potassium: 352.02mg (10.06%), Vitamin B5: 0.99mg (9.91%), Vitamin A: 494.9IU (9.9%), Zinc: 1.41mg (9.41%), Vitamin B6: 0.18mg (9.24%), Magnesium: 35.59mg (8.9%), Vitamin B3: 1.75mg (8.77%), Vitamin K: 8.8µg (8.38%), Vitamin B12: 0.49µg (8.15%), Copper: 0.15mg (7.58%), Vitamin C: 4.55mg (5.51%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.37µg (2.47%)