



Pear and Raspberry Phyllo Flowers

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- 1.3 lb pears cored peeled very thin sliced into wedges
- 12 raspberries
- 0.5 cup butter unsalted melted
- 4 tablespoons tsp vanilla sugar

Equipment

- baking sheet
- baking paper
- oven

- plastic wrap
- kitchen towels
- spatula

Directions

- Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- Cut stack of phyllo sheets lengthwise into 4 equal stacks.
- Cover phyllo stacks with 2 overlapping sheets of plastic wrap and then a damp kitchen towel (to keep phyllo moist).
- Remove 3 strips from 1 stack and place separately on a work surface, then brush each strip with butter. Gather and pleat the long side of each strip to form a 3-inch ruffled fan.
- Arrange 3 fans to form a 6-inch circle on 1 corner of baking sheet. Make 3 more circles in same manner and arrange on remainder of baking sheet.
- Sprinkle each circle with 1/2 teaspoon sugar.
- Repeat twice, adding 2 more layers of ruffled fans to each circle, sprinkling each layer with 1/2 teaspoon sugar. (Each flower will have 3 layers of ruffles.)
- Arrange pear slices in 1 slightly overlapping layer on phyllo flowers, leaving a 1-inch border.
- Place 3 raspberries in center of each flower.
- Sprinkle fruit with remaining 2 tablespoons sugar.
- Bake flowers in middle of oven until phyllo is golden, 18 to 20 minutes. Using a wide spatula, carefully transfer to a rack to cool.

Nutrition Facts

 **PROTEIN 0.96%**  **FAT 58.94%**  **CARBS 40.1%**

Properties

Glycemic Index:33.21, Glycemic Load:15.18, Inflammation Score:-5, Nutrition Score:4.6095651465914%

Flavonoids

Cyanidin: 5.86mg, Cyanidin: 5.86mg, Cyanidin: 5.86mg, Cyanidin: 5.86mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg

0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 5.9mg, Epicatechin: 5.9mg, Epicatechin: 5.9mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 338.95kcal (16.95%), Fat: 23.3g (35.85%), Saturated Fat: 14.61g (91.31%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 30.59g (11.12%), Sugar: 27g (30%), Cholesterol: 61.01mg (20.34%), Sodium: 4.81mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Fiber: 5.08g (20.31%), Vitamin A: 748.87IU (14.98%), Vitamin C: 8.07mg (9.79%), Vitamin K: 9.11µg (8.67%), Copper: 0.13mg (6.74%), Vitamin E: 0.89mg (5.95%), Manganese: 0.11mg (5.72%), Potassium: 191.5mg (5.47%), Folate: 12.7µg (3.17%), Vitamin B2: 0.05mg (3.15%), Magnesium: 12.47mg (3.12%), Vitamin D: 0.43µg (2.84%), Phosphorus: 26.69mg (2.67%), Vitamin B6: 0.05mg (2.4%), Calcium: 22.04mg (2.2%), Iron: 0.33mg (1.81%), Vitamin B3: 0.29mg (1.46%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.13mg (1.25%)