



WHATSheATE



Pear Charlottes with Chamomile Crème Anglaise



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds purée of usa bartlett pear firm cored ripe peeled cut into 1/2-inch cubes (4 medium)
- ☐ 8 servings creme de cassis
- ☐ 2 tablespoons rum dark
- ☐ 32 ounce egg bread loaf – crusts trimmed cut into 1/3-inch-thick slices
- ☐ 3 large eggs
- ☐ 0.8 cup golden raisins
- ☐ 1.3 cups cup heavy whipping cream

- ☐ 3 tablespoons honey
- ☐ 6 tablespoons sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

Equipment

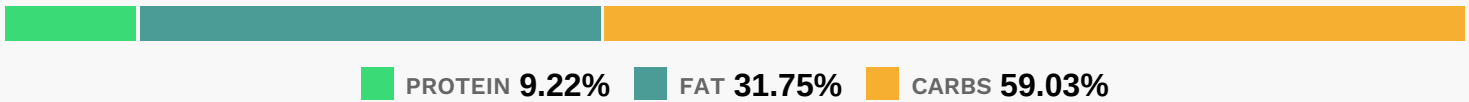
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Bring 1/2 cup water and sugar to boil in heavy small saucepan, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Mix in raisins and rum.
- ☐ Let soak 1 hour.
- ☐ Drain raisins.
- ☐ Meanwhile, heat honey in large nonstick skillet over medium heat.
- ☐ Add pears; sauté just until tender, about 2 minutes. Cool.
- ☐ Mix in raisins.
- ☐ Preheat oven to 350°F. Butter eight 1 1/4-cup custard cups, then sprinkle with sugar.
- ☐ Place cups on baking sheet.
- ☐ Place 8 bread slices on work surface.
- ☐ Cut out 1 round from each slice to fit cup bottoms. Line cup bottoms with bread rounds.
- ☐ Cut enough of remaining bread slices into strips wide enough to line cup sides; line cup sides completely with strips, cutting to fit.

- ☐ Cut enough of remaining bread into 1/2-inch cubes to measure 4 cups.
- ☐ Whisk cream, sugar, eggs, rum, and vanilla in large bowl to blend well.
- ☐ Add 4 cups bread cubes and fruit mixture; stir to blend. Divide among prepared cups.
- ☐ Bake charlottes until center is puffed and set, about 55 minutes. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Warm in 350°F oven for 7 minutes.) Run knife around sides of charlottes. Invert onto plates. Spoon crème anglaise over warm charlottes.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:20.33, Inflammation Score:-7, Nutrition Score:18.941304434901%

Flavonoids

Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 661.34kcal (33.07%), Fat: 23.16g (35.63%), Saturated Fat: 11.53g (72.09%), Carbohydrates: 96.88g (32.29%), Net Carbohydrates: 90.64g (32.96%), Sugar: 36.61g (40.68%), Cholesterol: 172.41mg (57.47%), Sodium: 472.26mg (20.53%), Alcohol: 1.6g (100%), Alcohol %: 0.63% (100%), Protein: 15.13g (30.27%), Selenium: 41.39µg (59.13%), Vitamin B2: 0.71mg (41.9%), Vitamin B1: 0.53mg (35.03%), Folate: 135.99µg (34%), Manganese: 0.66mg (33.05%), Vitamin B3: 5.87mg (29.36%), Fiber: 6.24g (24.97%), Iron: 4.29mg (23.82%), Phosphorus: 207.41mg (20.74%), Vitamin A: 951.4IU (19.03%), Copper: 0.34mg (16.79%), Calcium: 159.44mg (15.94%), Potassium: 401.43mg (11.47%), Vitamin D: 1.46µg (9.76%), Vitamin B6: 0.19mg (9.51%), Magnesium: 37.72mg (9.43%), Zinc: 1.38mg (9.19%), Vitamin B5: 0.77mg (7.75%), Vitamin E: 0.99mg (6.61%), Vitamin K: 6.59µg (6.28%), Vitamin C: 5.08mg (6.16%), Vitamin B12: 0.34µg (5.73%)