



Pear, Chocolate, and Hazelnut Crostata

READY IN



45 min.

SERVINGS



10

CALORIES



247 kcal

DESSERT

Ingredients

- 4 large bosc pear firm cored ripe peeled quartered cut lengthwise into 3 slices
- 0.3 teaspoon sea salt
- 1 large eggs
- 3 tablespoons hazelnuts husked toasted chopped
- 2 tablespoons chocolate coarsely chopped
- 10 servings pie crust dough
- 6 tablespoons sugar raw divided
- 2 tablespoons bittersweet chocolate unsweetened coarsely chopped (not)
- 2 tablespoons whipping cream

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- tart form

Directions

- Position rack in center of oven and preheat to 375°F.
- Place large sheet of parchment paper on work surface.
- Place crust dough atop parchment; roll out dough to 14-inch round.
- Transfer parchment with dough to large unrimmed baking sheet.
- Whisk egg and cream in small bowl.
- Brush center 10 inches of dough with some of egg glaze, leaving 2-inch plain border. Arrange pear slices in concentric circles atop glaze on dough.
- Sprinkle hazelnuts and both chocolates, then 4 tablespoons raw sugar over pears. Fold dough border over filling to form 11-inch round, pleating loosely and pinching to seal any cracks in dough.
- Brush crust with egg glaze; sprinkle with remaining 2 tablespoons raw sugar, then with 1/4 teaspoon sea salt, if desired.
- Bake crostata until crust is deep golden and pears are tender, about 40 minutes.
- Transfer baking sheet to rack. Run long thin knife under crust to free from parchment. Cool to lukewarm on parchment on sheet. Using large tart pan bottom as aid, transfer crostata to platter.
- Serve lukewarm or at room temperature.

Nutrition Facts



■ PROTEIN 4.86% ■ FAT 39.53% ■ CARBS 55.61%

Properties

Glycemic Index:9.44, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:5.6078260592792%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 246.83kcal (12.34%), Fat: 11.21g (17.25%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 31.41g (11.42%), Sugar: 18.97g (21.08%), Cholesterol: 22.17mg (7.39%), Sodium: 154.87mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.53mg (1.51%), Protein: 3.1g (6.21%), Manganese: 0.38mg (19.13%), Fiber: 4.08g (16.31%), Copper: 0.2mg (10.1%), Iron: 1.25mg (6.93%), Folate: 27.26µg (6.82%), Vitamin K: 6.54µg (6.23%), Vitamin B1: 0.09mg (6.19%), Magnesium: 24.09mg (6.02%), Vitamin B2: 0.1mg (5.91%), Phosphorus: 58.9mg (5.89%), Potassium: 185.17mg (5.29%), Vitamin E: 0.76mg (5.09%), Vitamin C: 4.16mg (5.05%), Selenium: 3.34µg (4.76%), Vitamin B3: 0.83mg (4.13%), Vitamin B6: 0.07mg (3.3%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.25mg (2.54%), Calcium: 23.99mg (2.4%), Vitamin A: 96.41IU (1.93%)