



Pear Croustade with Lemon Pastry and Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 2 tablespoons almonds sliced
- ☐ 1 pound but bartlett pears firm cored ripe peeled thinly sliced
- ☐ 1 pound but bosc pears firm cored ripe peeled thinly sliced
- ☐ 0.3 teaspoon ground nutmeg generous ()
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons sugar
- ☐ 0.5 cup butter unsalted chilled (1 stick)
- ☐ 8 servings whipping cream (for brushing)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk flour, sugar, lemon peel, and salt in medium bowl.
- ☐ Add butter; using fingertips, rub in butter until coarse meal forms.
- ☐ Drizzle 1/4 cup cream over; toss with fork until moist clumps form, adding more cream by teaspoonfuls as needed if dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Let stand at room temperature 30 minutes before rolling out.
- ☐ Preheat oven to 400°F.
- ☐ Mix all pears, sugar, flour, lemon juice, lemon peel, and nutmeg in large bowl to coat.
- ☐ Roll out pastry on sheet of floured parchment paper to 14-inch round.
- ☐ Transfer crust on parchment paper to baking sheet. Mound pears in center of pastry, leaving 2-inch plain border. Fold pastry border over pears, crimping slightly.
- ☐ Brush pastry edges with cream; sprinkle with sliced almonds.
- ☐ Bake croustade until filling bubbles and almonds are lightly toasted, about 1 hour. Cool slightly.
- ☐ Serve croustade warm or at room temperature with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:37.86, Glycemic Load:11.08, Inflammation Score:-4, Nutrition Score:4.4030434903891%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 268.25kcal (13.41%), Fat: 18.4g (28.31%), Saturated Fat: 10.86g (67.9%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 22.55g (8.2%), Sugar: 19.12g (21.25%), Cholesterol: 47.45mg (15.82%), Sodium: 152.24mg (6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Fiber: 3.9g (15.59%), Vitamin A: 605.38IU (12.11%), Vitamin E: 1.25mg (8.31%), Vitamin C: 5.83mg (7.07%), Copper: 0.12mg (6.17%), Vitamin K: 6.13µg (5.83%), Manganese: 0.12mg (5.75%), Vitamin B2: 0.1mg (5.73%), Potassium: 162.11mg (4.63%), Magnesium: 15.89mg (3.97%), Phosphorus: 38.45mg (3.84%), Calcium: 31.07mg (3.11%), Vitamin D: 0.45µg (3.02%), Folate: 11.54µg (2.89%), Vitamin B6: 0.04mg (2.09%), Iron: 0.37mg (2.08%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.35mg (1.74%), Selenium: 1.17µg (1.68%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.12mg (1.24%)