



Pear Frangipane Croustade

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



702 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz butter softened
- 1 fl. oz. rum dark
- 1 eggs
- 8 servings puff pastry
- 7 oz almond flour
- 1 juice of lemon grated
- 8 small pears ripe
- 1 lb puff pastry

- 3 oz sugar (superfine)

Equipment

- bowl
- baking paper
- oven
- knife
- baking pan

Directions

- Preheat the oven to 400°F/200°C.
- Peel and core the pears and slice each one into 8 lengthways.
- Place the slices in a bowl and toss with the lemon zest and half the lemon juice. Beat the butter in a bowl until softened and then beat in the egg, rum or Cointreau, caster sugar, ground almonds and remaining lemon juice.
- Cover a large baking tray with parchment paper.
- Roll out half of the pastry on a lightly floured surface until about 3mm/1/8in thick and cut out a 27cm/10 1/2in circle using a plate as a guide.
- Lay the pastry on the baking tray.
- Spread the almond mixture on the pastry circle up to 2.5cm/1in from the edge. Top with the sliced pears.
- Roll out the remaining pastry to a 28cm/11in round.
- Brush the edge of the pastry base with beaten egg, then carefully lay the pastry lid over the filling. Press the edges firmly to seal and scallop the edge of the pie decoratively, using a knife to make the indentations.
- Brush the top with beaten egg to glaze and use a sharp knife to make faint lines radiating out from the centre to the edge in semi-circle patterns.
- Bake for about 30 minutes until well risen and golden. Dust the top generously with icing sugar and serve warm with cream or ice cream.

Nutrition Facts



■ PROTEIN 6.01% ■ FAT 58.1% ■ CARBS 35.89%

Properties

Glycemic Index:35.48, Glycemic Load:28.09, Inflammation Score:-5, Nutrition Score:10.143478414287%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 702.23kcal (35.11%), Fat: 46.53g (71.59%), Saturated Fat: 13.92g (87.03%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 56.58g (20.57%), Sugar: 26.46g (29.4%), Cholesterol: 50.94mg (16.98%), Sodium: 244.29mg (10.62%), Alcohol: 1.23g (100%), Alcohol %: 0.58% (100%), Protein: 10.83g (21.66%), Fiber: 8.09g (32.38%), Selenium: 16.01µg (22.87%), Manganese: 0.36mg (17.78%), Vitamin B1: 0.25mg (16.76%), Vitamin K: 16.81µg (16.01%), Iron: 2.79mg (15.5%), Folate: 59.13µg (14.78%), Vitamin B2: 0.23mg (13.79%), Vitamin B3: 2.66mg (13.29%), Copper: 0.19mg (9.66%), Vitamin C: 7.82mg (9.47%), Vitamin A: 421.73IU (8.43%), Calcium: 78mg (7.8%), Phosphorus: 67.12mg (6.71%), Potassium: 222.02mg (6.34%), Vitamin E: 0.88mg (5.88%), Magnesium: 20.76mg (5.19%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.33%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.07µg (1.22%)