



Pear Gorgonzola Tart

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

344 kcal

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 4 ounces cream cheese
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 ounces gorgonzola
- ☐ 3 small pears cored sliced
- ☐ 1 pie shell store bought
- ☐ 2 ounces pancetta cut into thin strips
- ☐ 1 pinch salt

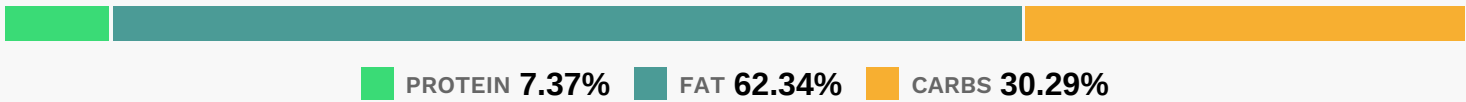
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tart form
- ☐ immersion blender

Directions

- ☐ Bake the pie shell in a square or round tart pan according to package instructions.
- ☐ Remove from the oven and let cool slightly.
- ☐ Meanwhile, combine the cream cheese, Gorgonzola, thyme, salt, and pepper in a medium bowl. Using a hand blender, whip the cheeses together.
- ☐ In a large, heavy skillet, melt the butter over medium-high heat.
- ☐ Add the pears and cook until golden on both sides, about 5 minutes.
- ☐ When the tart crust has cooled slightly, gently spread the whipped cheese mixture evenly over the bottom of the tart.
- ☐ Place the pear slices in a decorative pattern over the cheese mixture.
- ☐ Sprinkle the thin strips of prosciutto over the pears.
- ☐ Cut into squares or wedges and serve.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:3.65, Inflammation Score:-6, Nutrition Score:6.1595651922019%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 344.41kcal (17.22%), Fat: 24.25g (37.3%), Saturated Fat: 11.57g (72.31%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 23.45g (8.53%), Sugar: 7.98g (8.86%), Cholesterol: 42.45mg (14.15%), Sodium: 383.7mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Fiber: 3.05g (12.21%), Phosphorus: 101.18mg (10.12%), Vitamin A: 480.75IU (9.62%), Selenium: 6.63µg (9.47%), Vitamin B2: 0.16mg (9.28%), Manganese: 0.17mg (8.63%), Calcium: 83.29mg (8.33%), Vitamin B1: 0.12mg (8.03%), Folate: 30.41µg (7.6%), Vitamin B3: 1.39mg (6.93%), Vitamin K: 6.3µg (6%), Iron: 1.02mg (5.66%), Potassium: 184.55mg (5.27%), Vitamin B5: 0.48mg (4.81%), Copper: 0.1mg (4.76%), Vitamin C: 3.72mg (4.5%), Zinc: 0.67mg (4.46%), Vitamin B6: 0.09mg (4.42%), Magnesium: 15.09mg (3.77%), Vitamin E: 0.55mg (3.7%), Vitamin B12: 0.21µg (3.53%)