



Pear-Pecan Appetizers

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cheese blue crumbled
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons juice of lemon
- ☐ 2 pears ripe
- ☐ 1 cup pecans finely chopped
- ☐ 1 quart water

Equipment

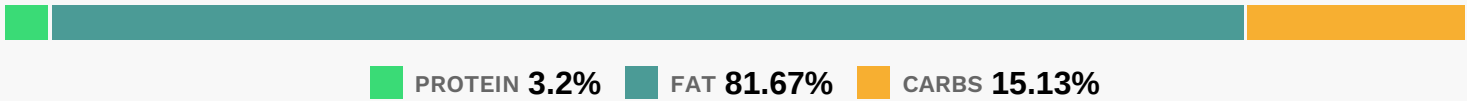
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ blender

Directions

- ☐ Bake pecans in a shallow pan at 350, stirring occasionally, 5 to 10 minutes or until toasted. Set aside.
- ☐ Cut each pear into thin slices.
- ☐ Combine pear slices, water, and lemon juice in a large bowl.
- ☐ Beat butter and blue cheese at medium speed with a mixer until mixture is smooth.
- ☐ Drain pear slices on paper towels.
- ☐ Spread butter mixture on bottom half of pear slices; coat with pecans, and place on a serving plate. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.3739130660568%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 60.94kcal (3.05%), Fat: 5.81g (8.95%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.33g (1.48%), Cholesterol: 0.35mg (0.12%), Sodium: 42.75mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Manganese: 0.17mg (8.47%), Copper: 0.06mg (2.94%), Vitamin A: 143.95IU (2.88%), Fiber: 0.72g (2.88%), Vitamin B1: 0.03mg (1.74%), Magnesium: 5.82mg (1.46%), Phosphorus: 14.24mg (1.42%), Zinc: 0.19mg (1.28%), Vitamin E: 0.19mg (1.23%), Vitamin C: 0.94mg (1.15%)