

Pear-Pecan Tart

READY IN



190 min.

SERVINGS



12

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 0.7 cup butter softened
- ☐ 1 cup granulated sugar
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 teaspoon salt
- ☐ 1 cup orange juice
- ☐ 0.5 cup water
- ☐ 6 oz cream cheese softened

- ☐ 4 cups pears sliced (4 to 5 medium)
- ☐ 0.5 cup pecans chopped

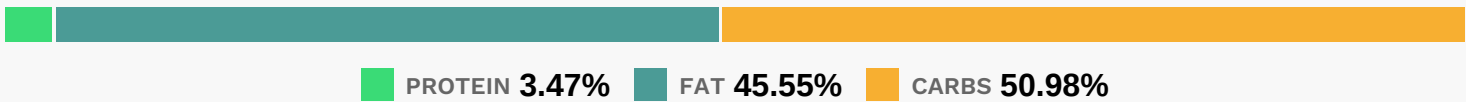
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pizza pan
- ☐ blender

Directions

- ☐ Heat oven to 400°F. Grease and flour 12-inch pizza pan. In medium bowl, mix flour and brown sugar.
- ☐ Cut in butter, using fork or pastry blender, until crumbly. Press firmly and evenly against bottom and side of pan.
- ☐ Bake 10 to 15 minutes or until light brown; cool.
- ☐ In 1-quart saucepan, mix granulated sugar, cornstarch and salt. Gradually stir in orange juice and water.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute; cool.
- ☐ In medium bowl, beat cream cheese until smooth; spread on cooled crust. Arrange pears on cream cheese.
- ☐ Sprinkle with pecans. Spoon orange glaze over top. Refrigerate until set, about 2 hours. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.57, Glycemic Load:23.02, Inflammation Score:-6, Nutrition Score:6.3439130057459%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 357.12kcal (17.86%), Fat: 18.6g (28.62%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 44.32g (16.12%), Sugar: 30.28g (33.64%), Cholesterol: 14.32mg (4.77%), Sodium: 215.45mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Manganese: 0.34mg (16.75%), Vitamin C: 12.72mg (15.41%), Vitamin A: 698.76IU (13.98%), Vitamin B1: 0.17mg (11.24%), Fiber: 2.53g (10.14%), Folate: 37.84µg (9.46%), Selenium: 6.4µg (9.15%), Vitamin B2: 0.14mg (7.95%), Copper: 0.14mg (6.84%), Phosphorus: 56.11mg (5.61%), Iron: 0.97mg (5.41%), Vitamin B3: 1.06mg (5.32%), Potassium: 169.61mg (4.85%), Vitamin E: 0.66mg (4.38%), Magnesium: 16.94mg (4.24%), Calcium: 35.5mg (3.55%), Zinc: 0.44mg (2.96%), Vitamin K: 2.88µg (2.74%), Vitamin B5: 0.26mg (2.65%), Vitamin B6: 0.05mg (2.55%)