



## Pear Phyllo Pastries

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



215 kcal

CRUST

### Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup almonds toasted chopped
- 0.3 cup firmly brown sugar packed
- 0.5 cup cranberries dried
- 0.3 cup breadcrumbs dry
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 3 tablespoons butter melted
- 4 cups pears peeled coarsely chopped (4 pears)
- 12 sheets phyllo dough frozen thawed
- 1 tablespoon vegetable oil

## Equipment

- bowl
- baking sheet
- oven
- knife
- pizza cutter

## Directions

- Preheat oven to 350
- Combine breadcrumbs and brown sugar in a bowl. Stir well; set aside.
- Combine melted margarine and oil in another bowl. Stir well; set aside.
- Combine granulated sugar, cinnamon, almond extract, and nutmeg in a large bowl; stir well.
- Add pear, cranberries, and almonds; toss gently to coat.
- Working with 1 phyllo sheet at a time (cover remaining dough to keep from drying), brush 1 sheet lightly with margarine mixture. Stack 1 phyllo sheet on top of the first; brush top sheet lightly with margarine mixture. Repeat procedure with a third sheet of phyllo, forming a stack of 3 sheets.
- Sprinkle 2 tablespoons breadcrumb mixture over top of stack. Using a sharp knife or pizza cutter, cut stack lengthwise into 3 (4 1/2-inch-wide) strips.
- Spoon about 1/3 cup pear mixture onto 1 end of each phyllo strip. Fold left bottom corner over pear mixture, forming a triangle. Keep folding back and forth into triangle to end of strip. Repeat procedure with remaining sheets of phyllo, margarine mixture, breadcrumb mixture, and pear mixture.
- Place triangles, seam sides down, on a baking sheet coated with cooking spray.
- Bake at 350 for 25 minutes or until golden.

Serve warm or at room temperature.

Note: If dried cranberries are unavailable, substitute dried currants or raisins.

## Nutrition Facts

**PROTEIN 4.55%** **FAT 27.84%** **CARBS 67.61%**

### Properties

Glycemic Index:19.15, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:4.6739130408868%

### Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

### Nutrients (% of daily need)

Calories: 214.68kcal (10.73%), Fat: 6.87g (10.57%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 34.71g (12.62%), Sugar: 22g (24.44%), Cholesterol: 0mg (0%), Sodium: 143.46mg (6.24%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 2.53g (5.05%), Manganese: 0.24mg (11.89%), Fiber: 2.82g (11.28%), Vitamin B1: 0.14mg (9.22%), Vitamin E: 1.15mg (7.69%), Selenium: 5.31µg (7.58%), Vitamin B2: 0.13mg (7.43%), Folate: 24.31µg (6.08%), Vitamin B3: 1.15mg (5.77%), Iron: 0.99mg (5.5%), Copper: 0.11mg (5.32%), Vitamin K: 5.48µg (5.22%), Magnesium: 16.48mg (4.12%), Phosphorus: 40.28mg (4.03%), Potassium: 113.52mg (3.24%), Vitamin C: 2.33mg (2.82%), Vitamin A: 138.93IU (2.78%), Calcium: 25.37mg (2.54%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.13mg (1.3%)