



Pears Blue

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 large anjou pears firm
- 0.3 cup cheese blue crumbled
- 3 ounce cream cheese softened
- 750 milliliter red wine sweet
- 3 tablespoons sugar
- 6 tablespoons walnuts toasted chopped

Equipment

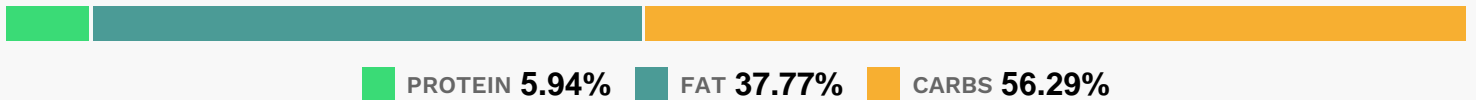
- oven

- baking pan
- dutch oven

Directions

- Boil wine and sugar in a Dutch oven 20 to 25 minutes or until reduced to 1 cup.
- Peel pears.
- Remove top third of each pear, and set stemmed portions aside. Core pears, cutting to but not through bottom ends.
- Place pears, including top portions, in wine mixture; cover and simmer over medium heat 20 minutes or until tender.
- Drain and arrange pears in an 11- x 7-inch baking dish.
- Stir together cream cheese, blue cheese, and walnuts. Spoon mixture evenly in center of cored pears.
- Bake, covered, at 375 for 20 minutes; uncover and bake 15 more minutes.
- Place tops on pears just before serving.
- * 2 cups apple cider may be substituted for red Zinfandel or other sweet red wine.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:15.31, Inflammation Score:-7, Nutrition Score:9.8399999349014%

Flavonoids

Cyanidin: 5.25mg, Cyanidin: 5.25mg, Cyanidin: 5.25mg, Cyanidin: 5.25mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.67mg, Catechin: 9.67mg, Catechin: 9.67mg, Catechin: 9.67mg Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg Epicatechin: 13.45mg, Epicatechin: 13.45mg, Epicatechin: 13.45mg, Epicatechin: 13.45mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg

Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

Nutrients (% of daily need)

Calories: 403.47kcal (20.17%), Fat: 13.89g (21.37%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 38.77g (14.1%), Sugar: 30.03g (33.37%), Cholesterol: 19.94mg (6.65%), Sodium: 138.39mg (6.02%), Alcohol: 13.44g (100%), Alcohol %: 4.32% (100%), Protein: 4.91g (9.83%), Fiber: 7.8g (31.2%), Manganese: 0.62mg (31.08%), Copper: 0.37mg (18.38%), Potassium: 509.97mg (14.57%), Phosphorus: 135.56mg (13.56%), Magnesium: 50.12mg (12.53%), Vitamin C: 10.02mg (12.15%), Vitamin K: 11.37µg (10.83%), Vitamin B6: 0.21mg (10.65%), Vitamin B2: 0.18mg (10.38%), Calcium: 94.05mg (9.41%), Folate: 31.14µg (7.79%), Iron: 1.33mg (7.39%), Zinc: 0.99mg (6.58%), Vitamin A: 309.63IU (6.19%), Vitamin B1: 0.07mg (4.9%), Selenium: 3.32µg (4.74%), Vitamin B3: 0.86mg (4.28%), Vitamin B5: 0.42mg (4.18%), Vitamin E: 0.49mg (3.24%), Vitamin B12: 0.12µg (2.04%)