



Pears in Honey and Pine Nut Caramel with Artisanal Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 3 bosc pear firm cored ripe peeled halved lengthwise
- ☐ 3.5 tablespoons honey (such as orange blossom or clover)
- ☐ 3 tablespoons pinenuts
- ☐ 1 pinch sea salt fine
- ☐ 0.3 cup butter unsalted ()

Equipment

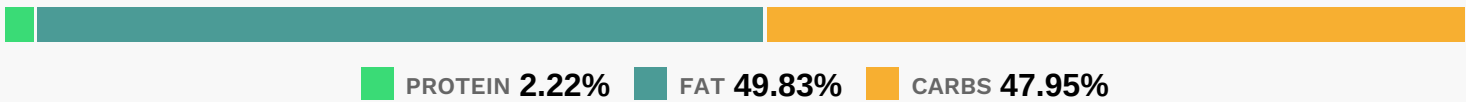
- ☐ frying pan

☐ knife

Directions

- ☐ Cook unsalted butter in large nonstick skillet over mediumhigh heat until beginning to brown.
- ☐ Add pear halves, cut side down, to skillet.
- ☐ Drizzle honey over pears and swirl pan slightly to blend butter and honey. Reduce heat to medium, cover, and cook until pears are tender when pierced with paring knife, swirling skillet occasionally and adding a few tablespoons water to skillet if caramel sauce turns deep amber before pears are tender, about 12 minutes.
- ☐ Transfer pears, cut side up, to serving platter. Top pears with cheese. Return skillet with caramel sauce to medium-high heat; add pine nuts to skillet and sprinkle lightly with sea salt. Cook until sauce in skillet is brown and bubbling, about 2 minutes. Spoon sauce over pears and serve.
- ☐ Finish this meal on a sweet note with a late-harvest dessert wine. The honeyed pear and quince flavors of the 2006 "Le Vol des Anges" (\$3
- ☐ from California's Bonny Doon Vineyard are perfect with this dessert. Plus, the Roussanne grapes the wine is made from are produced using biodynamic practices.
- ☐ To order artisanal American cheeses, go to artisanalcheese.com, murrayscheese.com, or cowgirlcreamery.com.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:4.2826086813989%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 189.44kcal (9.47%), Fat: 11.22g (17.26%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.31g (7.75%), Sugar: 18.92g (21.02%), Cholesterol: 20.34mg (6.78%), Sodium: 8.98mg (0.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Manganese: 0.49mg (24.65%), Fiber: 2.97g (11.87%), Copper: 0.14mg (7.25%), Vitamin K: 7.27µg (6.93%), Vitamin E: 0.79mg (5.28%), Vitamin A: 260.06IU (5.2%), Magnesium: 19.21mg (4.8%), Vitamin C: 3.93mg (4.76%), Phosphorus: 42.19mg (4.22%), Potassium: 141.73mg (4.05%), Zinc: 0.45mg (2.98%), Iron: 0.49mg (2.72%), Vitamin B2: 0.04mg (2.49%), Folate: 8.46µg (2.11%), Vitamin B1: 0.03mg (1.96%), Vitamin B3: 0.38mg (1.91%), Vitamin B6: 0.03mg (1.69%), Calcium: 11.82mg (1.18%)