



Pears with Herbed Ricotta and Honey



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

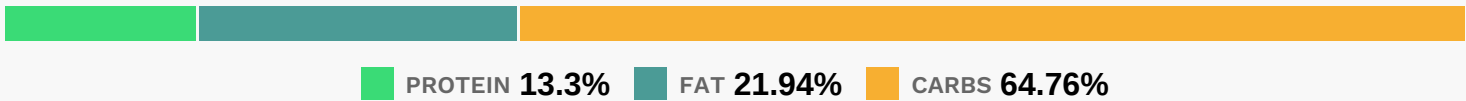
- ☐ 3 bosc pears peeled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 5 tablespoons mild honey
- ☐ 0.3 cup pinenuts lightly toasted
- ☐ 15 oz whole-milk ricotta
- ☐ 6 servings garnish: thyme sprigs fresh

Equipment

Directions

- ☐ Stir together ricotta, 2 tablespoons honey, thyme, 1 tablespoon basil, 1 tablespoon mint, and a pinch of salt.
- ☐ Halve pears lengthwise and scoop out core with a melon-ball cutter or spoon. Leaving stem end intact, cut each pear half lengthwise into 1/8-inch-thick slices and gently press against a work surface to create a fan shape.
- ☐ Divide cheese mixture among plates and top with a pear half.
- ☐ Drizzle remaining 3 tablespoons honey over pears and sprinkle evenly with pine nuts and remaining tablespoon each of basil and mint.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:11.54, Inflammation Score:-8, Nutrition Score:6.3034782552201%

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 Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 213.6kcal (10.68%), Fat: 5.29g (8.14%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 31.77g (11.55%), Sugar: 25.58g (28.43%), Cholesterol: 11.34mg (3.78%), Sodium: 76.81mg (3.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Manganese: 0.76mg (38.21%), Fiber: 3.38g (13.52%), Calcium: 133.61mg (13.36%), Vitamin K: 10.73µg (10.21%), Copper: 0.19mg (9.64%), Vitamin C: 6.49mg

(7.87%), Magnesium: 29.03mg (7.26%), Phosphorus: 57.33mg (5.73%), Vitamin E: 0.81mg (5.41%), Iron: 0.96mg (5.32%), Potassium: 175.67mg (5.02%), Zinc: 0.66mg (4.38%), Vitamin A: 185.82IU (3.72%), Vitamin B2: 0.06mg (3.37%), Folate: 12.01µg (3%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.68%), Vitamin B6: 0.04mg (2.22%)