



WHATSheATE

Pecan Dusted Puff Pastry Caramelized Pear Napoleons



Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



896 kcal

CRUST

Ingredients

- ☐ 1.5 pounds bosc pears cut into 1/2-inch slices 6 large or 8 small
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon brown sugar dark
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 tablespoon granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 cup heavy cream
- ☐ 0.5 cup pecans
- ☐ 1 sheet puff pastry thawed store bought recommended: Pillsbury
- ☐ 3 tablespoons butter unsalted melted
- ☐ 1.5 teaspoons vanilla extract pure

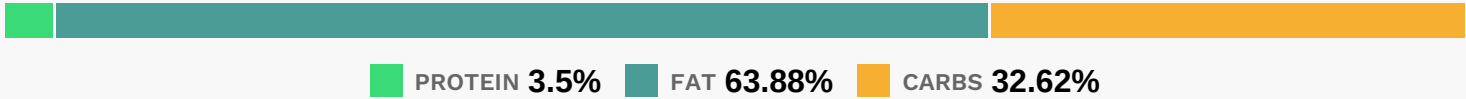
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat 400 degrees F.
- ☐ Chop the pecans to the consistency of rough crumbs. Toss with the butter, sugars and cinnamon in a small bowl.
- ☐ Spread the mixture out onto a baking sheet and cook in the oven 7 to 10 minutes, until darkened and lightly caramelized. Set aside to cool.
- ☐ Roll out the puff pastry on a floured surface to 1/16-inch thickness.
- ☐ Cut the puff pastry sheet into 12 squares, approximately 3 by 3 inches.
- ☐ Lay out on a baking sheet and bake 15 to 20 minutes, until puffed and golden brown.
- ☐ Remove from the oven and set aside to cool.
- ☐ Melt the butter with both the sugars in a skillet over medium heat.
- ☐ Add the pears. Cook until pears are just tender and juices thicken to a syrup consistency, about 6 to 8 minutes.
- ☐ Whip the cream, granulated sugar and vanilla in a mixing bowl until it forms soft peaks.
- ☐ Place a puff pastry square in the center of a serving bowl or plate. Top with a few pears, whipped cream and pecan pieces. Repeat this process 2 more times ending with a sprinkle of nuts.

Nutrition Facts



Properties

Glycemic Index:74.48, Glycemic Load:28.86, Inflammation Score:-7, Nutrition Score:15.084782704063%

Flavonoids

Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg Epicatechin: 6.5mg, Epicatechin: 6.5mg, Epicatechin: 6.5mg, Epicatechin: 6.5mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 896.42kcal (44.82%), Fat: 65.35g (100.54%), Saturated Fat: 27.59g (172.42%), Carbohydrates: 75.08g (25.03%), Net Carbohydrates: 67.57g (24.57%), Sugar: 37.18g (41.31%), Cholesterol: 97.33mg (32.45%), Sodium: 196.71mg (8.55%), Alcohol: 0.52g (100%), Alcohol %: 0.19% (100%), Protein: 8.05g (16.1%), Manganese: 0.99mg (49.58%), Fiber: 7.51g (30.05%), Vitamin A: 1275.31IU (25.51%), Selenium: 17.56µg (25.08%), Vitamin B1: 0.36mg (23.91%), Vitamin B2: 0.35mg (20.79%), Vitamin K: 20.74µg (19.75%), Copper: 0.37mg (18.64%), Folate: 65.31µg (16.33%), Vitamin B3: 3.04mg (15.18%), Iron: 2.34mg (13%), Phosphorus: 129.92mg (12.99%), Magnesium: 42.27mg (10.57%), Vitamin E: 1.59mg (10.57%), Potassium: 360.75mg (10.31%), Vitamin C: 7.82mg (9.47%), Calcium: 82.96mg (8.3%), Zinc: 1.22mg (8.14%), Vitamin D: 1.11µg (7.4%), Vitamin B6: 0.11mg (5.69%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.12µg (1.98%)