



Perfect Pair Pear Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 1 tablespoon ginger freshly grated
- ☐ 0.5 cup goat cheese crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 3 medium pears firm
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 package puff pastry frozen tenderflake®
- ☐ 1.5 cups swiss cheese grated

Equipment

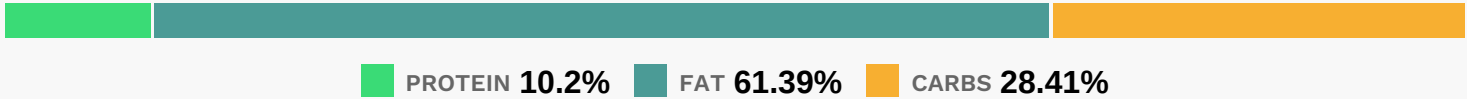
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ broiler
- ☐ rolling pin

Directions

- ☐ PREHEAT oven to 400 degrees F (200 degrees C).
- ☐ PEEL pears and cut in half.
- ☐ Remove the seeds leaving the stems intact. Using a teaspoon scrape out the inside of the pear. Save this for later.
- ☐ Brush the pear with lemon juice and place on a parchment paper lined baking sheet, cut side down.
- ☐ REMOVE the pastry from the package and place on a lightly floured work surface. Using a lightly floured rolling pin, roll the pastry to a 10 x 12-inch (25 X 30 cm) rectangle.
- ☐ Cut pastry into 6 equal rectangles, slightly larger than the pears. Cover each pear with a piece of pastry. Using a sharp knife, cut away the excess leaving a well-covered piece of fruit. Save the extra to form little leaves. Pierce the pastry all over with a sharp knife or fork.
- ☐ WHISK the egg with 1 tablespoon (15 mL) of water.
- ☐ Brush the outside of the pastry on the pears with egg wash and use egg wash to adhere little decorative leaves around the stem of each pear.
- ☐ BAKE in preheated oven for 15 to 20 minutes or until golden brown.
- ☐ Remove from the oven and cool slightly.
- ☐ PREHEAT broiler to high.

- ☐ Mix all of the filling ingredients together in a small bowl along with reserved pear. Turn pears cut side up and divide filling between each. Broil for 1 to 2 minutes or until cheese is beginning to bubble.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:24.07, Inflammation Score:-6, Nutrition Score:17.238260766734%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 725.74kcal (36.29%), Fat: 50.25g (77.31%), Saturated Fat: 16.31g (101.93%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 47.52g (17.28%), Sugar: 9.89g (10.99%), Cholesterol: 61.09mg (20.36%), Sodium: 334.39mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.57%), Selenium: 31.08µg (44.41%), Manganese: 0.84mg (41.89%), Phosphorus: 301.06mg (30.11%), Calcium: 293.18mg (29.32%), Vitamin B1: 0.41mg (27.35%), Vitamin B2: 0.45mg (26.64%), Copper: 0.42mg (21.23%), Folate: 80.52µg (20.13%), Fiber: 4.81g (19.23%), Vitamin B3: 3.76mg (18.79%), Vitamin K: 18.09µg (17.23%), Iron: 2.99mg (16.62%), Zinc: 2.35mg (15.66%), Vitamin B12: 0.92µg (15.28%), Magnesium: 42.75mg (10.69%), Vitamin A: 486.95IU (9.74%), Vitamin B6: 0.14mg (7.1%), Potassium: 228.51mg (6.53%), Vitamin E: 0.94mg (6.29%), Vitamin C: 4.94mg (5.99%), Vitamin B5: 0.48mg (4.77%), Vitamin D: 0.22µg (1.48%)