



Quick Pear Napoleans

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1139 kcal

SIDE DISH

Ingredients

- 28 ounce pears light drained canned
- 2 tablespoon butter unsalted
- 0.5 cup cup heavy whipping cream chilled
- 1 cup sugar
- 1 pound puff pastry frozen thawed
- 0.5 cup cream sour

Equipment

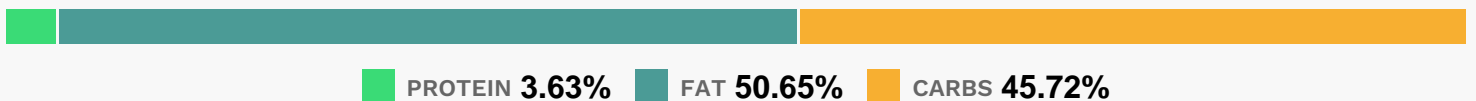
- frying pan

- baking sheet
- oven
- knife
- hand mixer
- rolling pin

Directions

- Preheat oven to 400°F with rack in upper third.
- Roll out pastry with a floured rolling pin on a lightly floured surface into about a 16-inch square. Trim edges.
- Transfer to a parchment-lined baking sheet and place another baking sheet on top.
- Bake until golden and cooked through, 15 to 18 minutes.
- Remove top baking sheet from pastry and transfer pastry to a rack to cool completely.
- While pastry cools, beat heavy cream with an electric mixer until it just holds
- soft peaks. Fold in sour cream gently but thoroughly.
- Meanwhile, cook sugar in a dry large heavy skillet over medium heat until it begins to melt, then continue to cook, stirring with a fork, until it is completely melted and golden. Stir in reserved pear syrup and boil, stirring, until thickened,
- to 5 minutes. Stir in pears.
- Remove from heat and swirl in butter until combined.
- Cut pastry into 8 rectangles with a large knife.
- Place half of rectangles on 4 serving plates.
- Spread cream mixture over pastry, then spoon pears with caramel over top.
- Place remaining pastry rectangles on top.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:71.42, Inflammation Score:-7, Nutrition Score:16.506521888401%

Flavonoids

Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 1138.7kcal (56.94%), Fat: 65.64g (100.98%), Saturated Fat: 24.32g (152%), Carbohydrates: 133.29g (44.43%), Net Carbohydrates: 125.43g (45.61%), Sugar: 71.94g (79.93%), Cholesterol: 65.63mg (21.88%), Sodium: 302.56mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Selenium: 29.97µg (42.81%), Manganese: 0.65mg (32.72%), Vitamin B1: 0.49mg (32.48%), Fiber: 7.85g (31.41%), Vitamin B2: 0.49mg (28.74%), Vitamin K: 28.86µg (27.49%), Folate: 105.47µg (26.37%), Vitamin B3: 5.09mg (25.47%), Iron: 3.34mg (18.54%), Vitamin A: 842.11IU (16.84%), Copper: 0.31mg (15.25%), Phosphorus: 132.64mg (13.26%), Vitamin C: 8.97mg (10.87%), Potassium: 366.25mg (10.46%), Vitamin E: 1.4mg (9.31%), Magnesium: 37.13mg (9.28%), Calcium: 80.05mg (8.01%), Zinc: 0.98mg (6.51%), Vitamin B6: 0.1mg (5.19%), Vitamin D: 0.58µg (3.87%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.12µg (2%)