



Quick Pear Tart

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



448 kcal

DESSERT

Ingredients

- 0.5 stick butter melted
- 2 teaspoons ground cinnamon
- 30.5 ounce pear halves cut into 1/ slices canned
- 1 sheet puff pastry thawed
- 0.3 cup sugar raw
- 0.5 cup cheddar shredded

Equipment

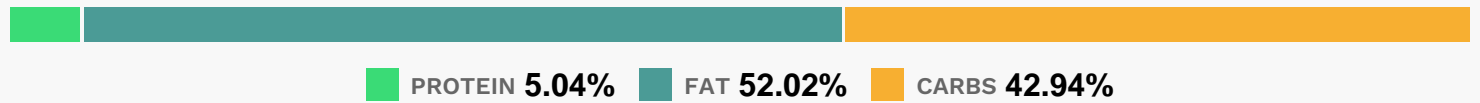
- bowl

oven

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- In a small bowl, mix sugar and cinnamon together.
- Lay puff pastry sheet on a work surface brush with melted butter and sprinkle with half the cinnamon sugar.
- Cut into 6 even pieces. Fan the pear slices over the puff pastry, using 1/2 a pear for each puff pastry square.
- Sprinkle tops of pear tarts with remaining cinnamon sugar mixture.
- Bake until pastry is golden and cooked through, about 20 to 25 minutes.
- Remove from tart from oven, sprinkle with cheese and bake until cheese melts, 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:16.45, Inflammation Score:-4, Nutrition Score:8.4243478775024%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 447.97kcal (22.4%), Fat: 26.61g (40.93%), Saturated Fat: 10.62g (66.37%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 43.98g (15.99%), Sugar: 22.67g (25.19%), Cholesterol: 29.66mg (9.89%), Sodium: 225.57mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Fiber: 5.43g (21.74%), Manganese: 0.39mg

(19.48%), Selenium: 12.81µg (18.29%), Vitamin K: 14.01µg (13.34%), Vitamin B1: 0.18mg (12.21%), Vitamin B2: 0.2mg (11.65%), Folate: 44.24µg (11.06%), Vitamin B3: 1.95mg (9.76%), Calcium: 93.57mg (9.36%), Phosphorus: 87.69mg (8.77%), Copper: 0.17mg (8.54%), Iron: 1.41mg (7.82%), Vitamin C: 6.22mg (7.54%), Vitamin A: 368.08IU (7.36%), Potassium: 206.88mg (5.91%), Magnesium: 19.92mg (4.98%), Zinc: 0.73mg (4.86%), Vitamin E: 0.7mg (4.65%), Vitamin B6: 0.06mg (2.91%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.12mg (1.22%)