



Roasted Pear Crème Brûlée Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 ounces flour all-purpose ()
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons ice water
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 cups milk 2% reduced-fat
- ☐ 2 medium pears cored peeled halved
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 4 inch vanilla pod split

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ blow torch
- ☐ tart form

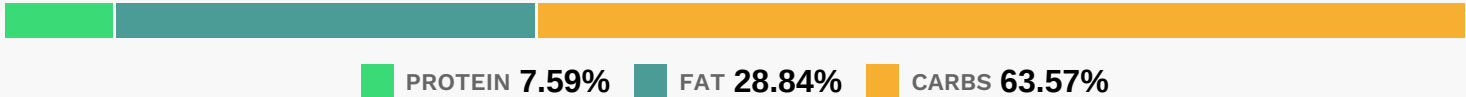
Directions

- ☐ Preheat oven to 45
- ☐ To prepare pastry, place first 3 ingredients in a food processor; pulse to combine.
- ☐ Add butter; pulse 10 times or until mixture resembles coarse meal. With processor on, slowly add 2 tablespoons ice water through food chute, processing just until dough starts to come

together. Turn dough out onto a piece of plastic wrap; press into a disk. Cover and chill 10 minutes in the freezer.

- ☐ Place dough between 2 sheets of plastic wrap; roll dough into a 10-inch circle. Fit dough into a 9-inch round removable-bottom tart pan coated with cooking spray; pierce dough with a fork.
- ☐ Bake at 450 for 10 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ To prepare pastry cream, combine brown sugar, 3 tablespoons flour, and 1/8 teaspoon salt in a medium, heavy saucepan. Gradually add milk, stirring with a whisk. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Cook over medium-high heat until thick and bubbly (about 5 minutes), stirring constantly.
- ☐ Place egg in a large bowl. Gradually stir hot milk mixture into egg. Return milk mixture to pan; cook 2 minutes or until mixture reaches 185 and coats the back of a spoon, stirring constantly. Discard vanilla bean.
- ☐ Spread pastry cream onto a baking sheet; cover entire surface with plastic wrap. Refrigerate 20 minutes or until chilled.
- ☐ Spread pastry cream evenly into tart shell; cover and chill at least 2 hours or until set.
- ☐ To prepare topping, combine juice, cinnamon, nutmeg, and pears; toss well to coat.
- ☐ Place pears, cut side down, in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 450 for 45 minutes or until tender. Cool completely; thinly slice.
- ☐ Place on paper towels; pat dry with additional paper towels. Arrange the pear slices spoke-like over pastry cream. Cover and chill at least 30 minutes.
- ☐ Sprinkle 1/3 cup granulated sugar evenly over pears, leaving a 1/2-inch border. Holding a kitchen blowtorch about 2 inches from the top of custard, heat the sugar, moving the torch back and forth, until the sugar is melted and caramelized (about 3 minutes).
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.49, Glycemic Load:18.23, Inflammation Score:-3, Nutrition Score:5.9699999586396%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 243.92kcal (12.2%), Fat: 7.98g (12.28%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 37.69g (13.71%), Sugar: 23.91g (26.56%), Cholesterol: 43.22mg (14.41%), Sodium: 194.24mg (8.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin B2: 0.24mg (13.98%), Selenium: 9.41µg (13.45%), Vitamin B1: 0.16mg (10.99%), Folate: 40.52µg (10.13%), Phosphorus: 92.48mg (9.25%), Calcium: 89.26mg (8.93%), Manganese: 0.16mg (8.21%), Fiber: 1.88g (7.52%), Vitamin B12: 0.38µg (6.34%), Iron: 1.05mg (5.85%), Vitamin B3: 1.15mg (5.73%), Vitamin A: 282.58IU (5.65%), Potassium: 173.11mg (4.95%), Vitamin B5: 0.42mg (4.2%), Magnesium: 15.03mg (3.76%), Copper: 0.07mg (3.71%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.06mg (2.84%), Vitamin C: 2.28mg (2.76%), Vitamin K: 2.66µg (2.54%), Vitamin E: 0.31mg (2.09%)