



Roasted Pears with Amaretti and Amaretto

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 amaretti cookies italian crumbled (almond macaroons; 1, inches in diameter)
- ☐ 3 tablespoons amaretto
- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 purée of usa bartlett pear cored halved lengthwise
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ oven

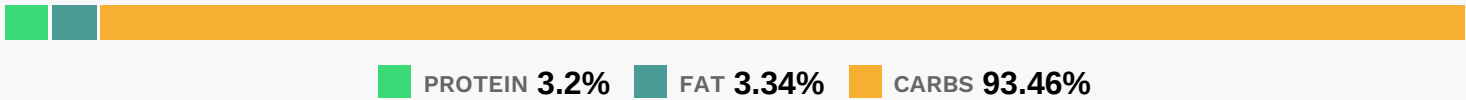
☐

baking pan

Directions

- ☐
- Preheat oven to 425°F.
- ☐
- Mix Amaretto and vinegar in a 13– by 9–inch baking dish. Put pears, cut sides down, in dish.
- ☐
- Roast pears 15 minutes.
- ☐
- Add water and roast until pears are tender but still hold their shape, 8 to 10 minutes more.
- ☐
- Arrange pears, cut sides up, on a platter and spoon pan juices over them.
- ☐
- Sprinkle with half of cookie crumbs, then baste with pan juices.
- ☐
- Sprinkle with remaining crumbs and serve warm or at room temperature.
- ☐
- Each serving about 139 calories and less than 1 gram fat.
- ☐
- Gourmet

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:3.4547826492268%

Nutrients (% of daily need)

Calories: 169.21kcal (8.46%), Fat: 0.55g (0.85%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 29.28g (10.65%), Sugar: 24.77g (27.53%), Cholesterol: 0mg (0%), Sodium: 17.19mg (0.75%), Alcohol: 2.92g (100%), Alcohol %: 1.7% (100%), Protein: 1.2g (2.39%), Fiber: 5.68g (22.7%), Vitamin C: 7.83mg (9.49%), Copper: 0.15mg (7.38%), Vitamin K: 6.76µg (6.44%), Potassium: 187.63mg (5.36%), Manganese: 0.07mg (3.65%), Magnesium: 11.69mg (2.92%), Vitamin B2: 0.05mg (2.8%), Folate: 10.68µg (2.67%), Iron: 0.43mg (2.39%), Vitamin B6: 0.05mg (2.31%), Phosphorus: 21.01mg (2.1%), Calcium: 17.8mg (1.78%), Vitamin B3: 0.31mg (1.54%), Vitamin B1: 0.02mg (1.45%), Vitamin E: 0.21mg (1.42%), Zinc: 0.15mg (1.01%)