



## Roasted Pears with Gorgonzola, Honey, and Pistachios

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinegar
- 1 pound bartlett pears firm ripe
- 2 ounces gorgonzola cheese crumbled
- 4 teaspoons honey divided
- 2 tablespoons pistachios finely chopped
- 0.1 teaspoon salt

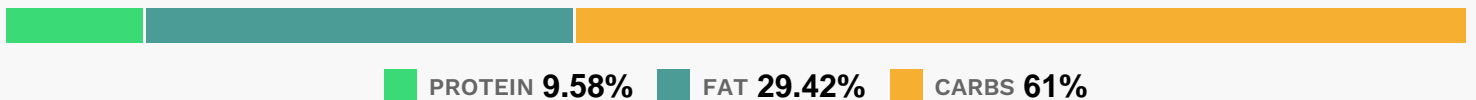
### Equipment

- frying pan
- sauce pan
- oven

## Directions

- Preheat oven to 45
- Peel and core pears.
- Cut each pear in half lengthwise.
- Place pear halves, cut sides down, on a jelly-roll pan coated with cooking spray.
- Bake at 450 for 30 minutes or until tender and lightly browned.
- While pears bake, bring balsamic vinegar to a simmer in a small saucepan over medium-high heat; cook 4 to 5 minutes or until reduced to 1 1/2 tablespoons.
- Combine cream cheese, Gorgonzola cheese, 1 teaspoon honey, and salt; stir until smooth.
- Place warm pear halves, cut sides up, on individual dessert plates. Spoon about 1 tablespoon cheese mixture into the center of each pear half, and drizzle each pear with 3/4 teaspoon balsamic syrup and 1/2 teaspoon honey.
- Sprinkle 1 teaspoon pistachios over each serving.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:31.38, Glycemic Load:7.04, Inflammation Score:-1, Nutrition Score:3.2260869300884%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 3.97g (6.1%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 15.9g (5.78%), Sugar: 13.51g (15.02%), Cholesterol: 7.09mg (2.36%), Sodium: 161.35mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Fiber: 2.61g (10.44%), Calcium: 63.46mg (6.35%), Phosphorus: 60.02mg (6%), Copper: 0.1mg (5.03%), Vitamin C: 3.49mg (4.23%), Potassium: 144.47mg (4.13%), Manganese: 0.08mg (4.06%), Vitamin B6: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.62%), Vitamin K: 3.1µg (2.95%), Magnesium: 11.53mg (2.88%), Zinc: 0.39mg (2.59%), Selenium: 1.66µg (2.37%), Folate: 9.31µg (2.33%), Vitamin B1: 0.03mg (2.24%), Iron: 0.39mg (2.18%), Vitamin B5: 0.21mg (2.11%), Vitamin A: 103.64IU (2.07%), Vitamin B12: 0.12µg (1.92%), Vitamin B3: 0.26mg (1.29%), Vitamin E: 0.17mg (1.15%)