



Roquefort toasts with peppered pears

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



561 kcal

Ingredients

- ☐ 2 just-ripe pears cored cut into 8
- ☐ 1 tsp mild olive oil
- ☐ 2 servings peppercorns crushed (we used a mix of colours)
- ☐ 85 g roquefort
- ☐ 5 tbsp whipping cream
- ☐ 2 handfuls baby salad leaves
- ☐ 1 slices from sourdough bread loaf toasted halved
- ☐ 1 tsp walnut oil
- ☐ 2 tsp mild olive oil

- ☐ 1.5 tsp red-wine vinegar (red or white)
- ☐ 0.5 tsp honey

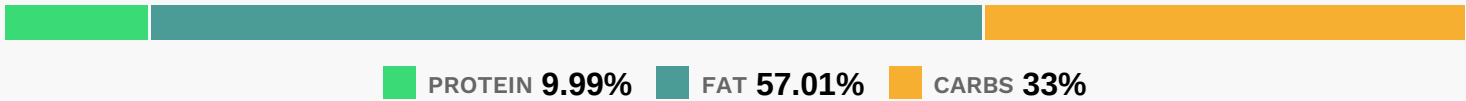
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin
- ☐ wooden spoon

Directions

- ☐ Heat a griddle pan until very hot, brush or toss the pears with a little oil, sprinkle with the crushed pepper, then griddle for 1-2 mins on each side until nicely striped.
- ☐ Put the cheese into a mixing bowl, break it up a little with a wooden spoon, then beat it until almost smooth. Very softly whip the cream in a small bowl, then fold into the cheese and spoon into 2 small ramekins or pots.
- ☐ Whisk the dressing ingredients together with some seasoning, turn the leaves in the dressing a few times to coat, then serve with the toasted sourdough, griddled pears and the cheese.

Nutrition Facts



Properties

Glycemic Index:114.26, Glycemic Load:21.82, Inflammation Score:-7, Nutrition Score:15.00173906658%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 561.08kcal (28.05%), Fat: 36.62g (56.33%), Saturated Fat: 18.17g (113.57%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 41.21g (14.98%), Sugar: 21.38g (23.75%), Cholesterol: 80.63mg (26.88%), Sodium: 974.36mg (42.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Calcium: 343.95mg (34.39%), Vitamin B2: 0.51mg (29.75%), Fiber: 6.49g (25.97%), Phosphorus: 245.55mg (24.56%), Selenium: 16.69µg (23.84%), Vitamin A: 1120.25IU (22.4%), Manganese: 0.4mg (19.97%), Folate: 74.73µg (18.68%), Vitamin B1: 0.27mg (18.32%), Vitamin K: 16.55µg (15.77%), Copper: 0.23mg (11.39%), Iron: 2.01mg (11.19%), Vitamin B3: 2.18mg (10.91%), Vitamin E: 1.62mg (10.8%), Vitamin B5: 1.04mg (10.42%), Magnesium: 40.1mg (10.03%), Zinc: 1.5mg (10.02%), Vitamin C: 8mg (9.7%), Potassium: 335.89mg (9.6%), Vitamin B6: 0.16mg (7.8%), Vitamin B12: 0.33µg (5.53%), Vitamin D: 0.6µg (4%)