



WHATSheATE



Rustic Pear and Blue Cheese Tart

READY IN



60 min.

SERVINGS



6

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 4 medium pears peeled cut into 1/4-inch-thick slices
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons brown sugar light packed
- ☐ 4.5 teaspoons cornstarch
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 0.5 teaspoon rosemary leaves fresh finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 4 oz cheese blue chunk
- ☐ 2 teaspoons honey

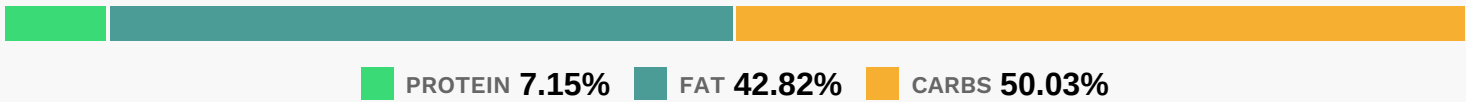
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Line cookie sheet with cooking parchment paper.
- ☐ In large bowl, toss all ingredients except pie crust, blue cheese and honey. Set aside.
- ☐ Unroll pie crust onto cookie sheet. Spoon pear mixture onto center of crust, spreading to within 2 inches of edge. Dot blue cheese pieces over pears. Fold edge of crust up over pears.
- ☐ Bake 30 minutes or until crust is golden brown. Cool slightly, about 15 minutes.
- ☐ Drizzle honey over tart. To serve, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:6.43, Inflammation Score:-6, Nutrition Score:9.2317390804705%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg,

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 475.63kcal (23.78%), Fat: 22.97g (35.35%), Saturated Fat: 9g (56.25%), Carbohydrates: 60.39g (20.13%), Net Carbohydrates: 54.93g (19.97%), Sugar: 19.46g (21.63%), Cholesterol: 14.17mg (4.72%), Sodium: 686.79mg (29.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Fiber: 5.46g (21.84%), Manganese: 0.38mg (19.21%), Folate: 62.53µg (15.63%), Phosphorus: 136.59mg (13.66%), Vitamin B1: 0.2mg (13.59%), Calcium: 130.71mg (13.07%), Vitamin B2: 0.22mg (12.9%), Iron: 2.14mg (11.88%), Vitamin B3: 2.2mg (11.01%), Vitamin K: 10.69µg (10.18%), Selenium: 6.8µg (9.71%), Copper: 0.16mg (8.15%), Vitamin C: 6.62mg (8.02%), Potassium: 265.89mg (7.6%), Vitamin B5: 0.67mg (6.7%), Zinc: 0.94mg (6.26%), Magnesium: 24.14mg (6.04%), Vitamin B6: 0.1mg (5.24%), Vitamin B12: 0.23µg (3.84%), Vitamin A: 191.35IU (3.83%), Vitamin E: 0.5mg (3.34%)