



White Chocolate Cranberry-Pear Pastry

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate white divided (6 oz.)
- 0.3 cup cranberries dried
- 1 eggs
- 30 oz pears drained well canned
- 17 oz puff pastry frozen thawed (2 sheets)
- 1 Tbsp water

Equipment

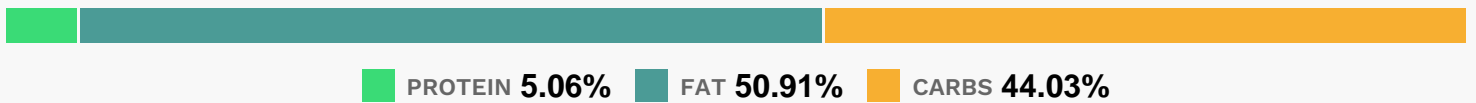
- bowl

- baking sheet
- oven

Directions

- Preheat oven to 375F. Beat egg and water in small bowl; set side. Unfold pastry sheets on lightly floured surface. Trim about 1 inch off each corner of each pastry sheet. Reserve trimmings to use as decorations.
- Place 1 pastry sheet on ungreased baking sheet.
- Chop 4 oz. chocolate.
- Mix chopped chocolate, pears and cranberries.
- Spread down center of prepared pastry sheet to within 1 inch of edges.
- Brush edges with water. Top with remaining pastry sheet. Press edges together with fork to seal. Decorate with reserved pastry trimmings.
- Brush with egg mixture.
- Cut several 2-inch slits, 2 inches apart, in top of pastry.
- Bake 35 min. or until pastry is golden. Cool 30 min. on baking sheet. Melt remaining 2 oz. chocolate as directed on package.
- Drizzle over pastry.
- Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:8.14, Glycemic Load:10.12, Inflammation Score:-1, Nutrition Score:3.5469565326753%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

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Nutrients (% of daily need)

Calories: 195.39kcal (9.77%), Fat: 11.29g (17.36%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 20.19g (7.34%), Sugar: 8.78g (9.75%), Cholesterol: 9.37mg (3.12%), Sodium: 68.77mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Selenium: 6.81µg (9.73%), Manganese: 0.14mg (7.15%), Fiber: 1.77g (7.09%), Vitamin B1: 0.11mg (7.04%), Vitamin B2: 0.11mg (6.22%), Vitamin K: 6.39µg (6.08%), Folate: 23.2µg (5.8%), Vitamin B3: 1.13mg (5.63%), Iron: 0.75mg (4.17%), Copper: 0.07mg (3.42%), Phosphorus: 34.02mg (3.4%), Potassium: 84.02mg (2.4%), Vitamin C: 1.86mg (2.25%), Magnesium: 7.84mg (1.96%), Vitamin E: 0.29mg (1.94%), Calcium: 18.91mg (1.89%), Zinc: 0.24mg (1.61%), Vitamin B6: 0.02mg (1.24%)