

# Flatbread with Seared Pear and Walnuts

Recipe group	Additional name	Diet factors	Portions	Portion size
-			4	9.23 oz

	Capacity measure	Raw weight	Name of ingredient	Methods
1		0 lb 2.67 oz	Nuts, walnuts <i>Broken pieces</i>	Toast walnuts at 350°F for 4 1/2 minutes.
2		0 lb 10.67 oz	Pears, canned, juice pack, solids and liquids <i>Drained weight</i>	Slice pears and sear (high heat) in extra virgin olive oil. 2-3 minutes per side.
	1 tbsp	0 lb 0.51 oz	Oil, olive, extra virgin	



	Capacity measure	Raw weight	Name of ingredient	Methods
3	1.3 ea	0 lb 10.00 oz	Flatbread, 12x4" Damascus Brooklyn Bred	Spread Crema on flatbread. Top with seared pears, blue cheese, and Italian cheese blend. Bake at 435°F for 4-5 minutes.
		0 lb 4.33 oz	<u>Pear Blue Cheese Crema</u>	
		0 lb 2.00 oz	Cheese, Italian blend <i>Shredded</i>	
		0 lb 2.00 oz	Cheese, Castello Danish Blue Xtra Creamy	



	Capacity measure	Raw weight	Name of ingredient	Methods
4		0 lb 0.40 oz	Watercress, raw	Top flatbread with watercress, pear mostarda, and toasted walnuts. Cut into 6 pieces.
		0 lb 4.33 oz	<u>Pear Mostarda</u>	



**RECIPE IMAGES**



**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 4.91 oz	0 %	2 lb 4.91 oz	0 %	2 lb 4.91 oz
Size of portion	9.23 oz		9.23 oz		9.23 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	11.19 g	47.34 %	209.04 kcal	Salt	0.67 g	Vitamin A	32.65 µg
Saturated	3.22 g	13.61 %	874.64 kJ	Salt	0.67 %	Vitamin D	0.07 µg
Monounsaturated	3.61 g	15.26 %	0.87 MJ	Sodium	266.14 mg	Thiamine	0.14 mg
Polyunsaturated	3.33 g	14.08 %		Phosphorus	129.70 mg	Riboflavin	0.15 mg
Trans	0.00 g	0.00 %		Potassium	146.09 mg	Niacin	1.42 mg
Cholesterol	12.94 mg			Iron	1.25 mg	Vitamin B6	0.08 mg
Linolenic acid	3.04 g			Calcium	110.99 mg	Vitamin B12	0.17 µg
Alpha-linolenic acid	195.78 mg			Zinc	0.92 mg	Folic acid	43.62 µg
Carbohydrate	20.81 g	40.44 %		Magnesium	29.68 mg	Vitamin C	1.53 mg
Sugars	5.67 g	11.03 %		Iodine	0.00 µg	Vitamin E	0.54 mg
Sugar	0.00 g			Selenium	11.26 µg	Vitamin K	4.58 µg
Lactose	0.07 g			Copper	0.18 mg		
Fibre	2.14 g	1.96 %				Others	
Organic acids	0.00 g	0.00 %				Water	59.07 g
Sugar alcohol	0.00 g	0.00 %					
Starch	0.02 g	0.05 %					
Protein	7.45 g	14.49 %					
Alcohol	0.00 g	0.00 %					