

# Pear Blue Cheese Crema

Recipe group	Additional name	Diet factors	Portions	Portion size
-			4	3.58 oz

	Capacity measure	Raw weight	Name of ingredient	Methods
1		0 lb 8.21 oz	Pears, canned, juice pack, solids and liquids <i>Drained weight</i>	Puree smooth in a food processor.
		0 lb 2.74 oz	Cheese, Castello Danish Blue Xtra Creamy	
	2.01 fl oz	0 lb 2.05 oz	Cheese, cream	
		0 lb 1.33 oz	Nuts, walnuts	

## ALLERGENS

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	0 lb 14.33 oz	0 %	0 lb 14.33 oz	0 %	0 lb 14.33 oz
Size of portion	3.58 oz		3.58 oz		3.58 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
<b>Fat</b>	<b>15.98 g</b>	<b>69.34 %</b>	203.77 kcal	Salt	0.67 g	Vitamin A	82.10 µg
Saturated	6.78 g	29.43 %	852.61 kJ	Salt	0.67 %	Vitamin D	0.10 µg
Monounsaturated	4.20 g	18.24 %	0.85 MJ	Sodium	266.26 mg	Thiamine	0.02 mg
Polyunsaturated	3.77 g	16.34 %		Phosphorus	143.81 mg	Riboflavin	0.12 mg
Trans	0.00 g	0.00 %		Potassium	171.43 mg	Niacin	0.37 mg
Cholesterol	28.78 mg			Iron	0.53 mg	Vitamin B6	0.10 mg
Linolenic acid	3.43 g			Calcium	125.54 mg	Vitamin B12	0.26 µg
Alpha-linolenic acid	266.92 mg			Zinc	0.94 mg	Folic acid	0.00 µg
<b>Carbohydrate</b>	<b>9.54 g</b>	<b>19.02 %</b>		Magnesium	28.39 mg	Vitamin C	1.07 mg
Sugars	6.29 g	12.55 %		Iodine	0.00 µg	Vitamin E	0.41 mg
Sugar	0.00 g			Selenium	5.58 µg	Vitamin K	1.18 µg
Lactose	0.54 g			Copper	0.17 mg		
Fibre	1.55 g	1.45 %				Others	
Organic acids	0.00 g	0.00 %				Water	65.59 g
Sugar alcohol	0.00 g	0.00 %					
Starch	0.07 g	0.14 %					
Protein	7.40 g	14.75 %					
Alcohol	0.00 g	0.00 %					