

Pear Flambé a la Mode

Serving Size: 1 pear half & ½ cup ice cream

Serves: 6

Ingredients

3 tablespoons butter
6 canned pear halves
3 teaspoons brown sugar
2 tablespoons Grand Marnier
2 ounces brandy
6 scoops fat free sugar free ice cream
½ teaspoon cinnamon
½ cup fresh squeezed orange juice
1 teaspoon lemon zest

Directions

Melt the butter in a small skillet.
Add the pears and stir to blend well.
Add the sugar and stir over medium heat until the mixture begins to caramelize.
Pour in the Grand Marnier and brandy and flame.
Add the cinnamon, orange juice, lemon zest and bring to a boil.
Allow the liquid to thicken slightly, but do not overcook the fruit.
Serve the pears with ice cream. Drizzle the sauce over the ice cream.

Exchanges per serving:

1 Milk, 1 Fruit, 1 Fat

Nutrients per serving:

Calories: 207
Calories from fat: 50
Total Fat: 6g
Saturated Fat: 4g
Cholesterol: 20mg
Sodium: 73mg
Carbohydrate: 32g
Dietary Fiber: 6g
Protein: 4g