



Healthdor

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[Toast with Pear, Ricotta, Honey, and Peanut Butter](#) ♦•

This recipe combines the sweetness of pear and honey with the creamy texture of ricotta and peanut butter. It's a delicious and satisfying breakfast or snack option.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

2 slices	bread
1 medium	Pear
4 tbsp	ricotta
2 tablespoon	honey

2
tablespoon peanut butter

Directions

Step 1

Toasting

Toast the bread slices until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Cutting

Slice the pear into thin slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Spreading

Spread ricotta evenly on each toasted bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Arranging

Arrange pear slices on top of the ricotta.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle honey and peanut butter over the pear slices.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 375 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 58 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	58 g	105.45%	116%
Fibers	6 g	15.79%	24%
Sugars	29 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Lunch

Snack

Brunch

Nutritional Content

Low Calorie

Course

Side Dishes

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Difficulty Level

Medium

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