



## Apple-Pear Salad

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**8**

CALORIES



**152 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large apples red cut into fourths, then cut crosswise into thin slices
- 1 large pears cut into fourths, then cut crosswise into thin slices
- 0.5 cup celery thin
- 4 oz havarti cheese cut into julienne strips
- 3 tablespoons vegetable oil
- 2 tablespoons orange juice concentrate frozen thawed
- 3 tablespoons roasted peanuts coarsely chopped

### Equipment

bowl

## Directions

- In medium salad bowl, mix apple, pear, celery and cheese.
- In small bowl, thoroughly mix oil and juice concentrate.
- Pour over apple mixture; toss to coat.
- Sprinkle with peanuts.

## Nutrition Facts

**PROTEIN 12.15%** **FAT 61.37%** **CARBS 26.48%**

## Properties

Glycemic Index:12.59, Glycemic Load:2.32, Inflammation Score:-3, Nutrition Score:4.6934782473937%

## Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 152.41kcal (7.62%), Fat: 10.85g (16.69%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.88g (7.65%), Cholesterol: 12.47mg (4.16%), Sodium: 129.13mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin K: 13.12µg (12.5%), Phosphorus: 99.93mg (9.99%), Vitamin C: 8.15mg (9.87%), Calcium: 97.98mg (9.8%), Fiber: 2.03g (8.13%), Manganese: 0.13mg (6.43%), Folate: 21.2µg (5.3%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.07mg (4.4%), Vitamin E: 0.64mg (4.25%), Potassium: 141.45mg (4.04%), Magnesium: 15.51mg (3.88%), Copper: 0.07mg (3.62%), Vitamin A: 177IU (3.54%), Vitamin B3: 0.71mg (3.53%), Vitamin B12: 0.2µg (3.26%), Vitamin B6: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.58%), Selenium: 1.55µg (2.22%), Vitamin B5: 0.17mg (1.68%), Iron: 0.22mg (1.22%)