



Apple-Pear Salad with Maple-Pecan Bacon

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



362 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bacon thick
- ☐ 1 large purée of usa bartlett pear
- ☐ 1 large gala apple
- ☐ 4 ounces gorgonzola cheese crumbled
- ☐ 0.3 cup maple syrup
- ☐ 1.5 cups pecans finely chopped
- ☐ 1 cup grapes red seedless halved
- ☐ 10 oz gourmet salad greens

☐ 8 servings cranberry vinaigrette

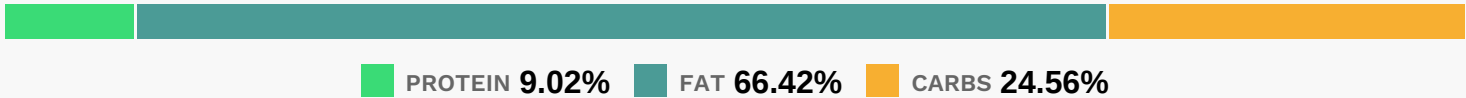
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Place a lightly greased wire rack in an aluminum foil-lined 15- x 10-inch jelly-roll pan. Dip bacon slices in syrup, allowing excess to drip off; press pecans onto both sides of bacon. Arrange bacon slices in a single layer on rack, and bake 20 minutes; turn bacon slices, and bake 5 to 10 more minutes or until browned and crisp.
- ☐ Remove from oven, and let stand 5 minutes.
- ☐ Cut bacon crosswise into 1-inch pieces.
- ☐ Place salad greens on a serving platter.
- ☐ Cut pear and apple into thin slices; toss with salad greens. Top with grapes, cheese, and bacon.
- ☐ Serve salad with Cranberry Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:29.69, Glycemic Load:6.59, Inflammation Score:-6, Nutrition Score:11.825217381768%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg

2.31mg, Epicatechin: 2.31mg Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 361.69kcal (18.08%), Fat: 27.66g (42.56%), Saturated Fat: 6.86g (42.88%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 19.3g (7.02%), Sugar: 15.53g (17.25%), Cholesterol: 25.15mg (8.38%), Sodium: 319.73mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Manganese: 1.24mg (62.21%), Phosphorus: 167.04mg (16.7%), Copper: 0.33mg (16.6%), Vitamin B2: 0.27mg (16.01%), Vitamin B1: 0.24mg (15.89%), Fiber: 3.72g (14.87%), Vitamin C: 11.72mg (14.21%), Zinc: 1.76mg (11.7%), Vitamin A: 566.36IU (11.33%), Calcium: 112.02mg (11.2%), Selenium: 7.44µg (10.63%), Magnesium: 41.12mg (10.28%), Potassium: 342.57mg (9.79%), Vitamin B6: 0.19mg (9.45%), Vitamin B3: 1.58mg (7.9%), Folate: 25.64µg (6.41%), Vitamin B5: 0.63mg (6.27%), Iron: 1.04mg (5.8%), Vitamin K: 5.55µg (5.29%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.16µg (1.06%)