



Arugula and Pear Salad with Mascarpone and Toasted Walnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 lb arugula
- ☐ 1 purée of usa bartlett pear
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 oz mascarpone cheese
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt

☐ 3 oz walnuts coarsely chopped

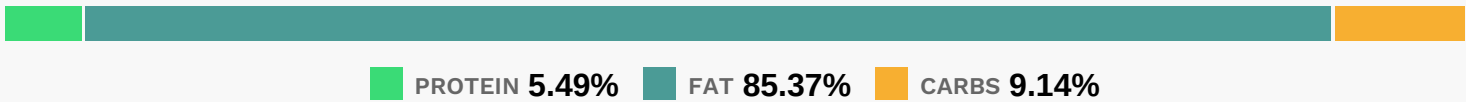
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then toast nuts, stirring, until golden, about 2 minutes.
- ☐ Transfer nuts with a slotted spoon to paper towels to drain, then sprinkle with salt to taste.
- ☐ Pour oil into a heatproof measuring cup.
- ☐ Stir half of warm toasted walnuts into mascarpone along with 1/8 teaspoon each of salt and pepper.
- ☐ Add oil in a slow stream to 1 1/2 tablespoons lemon juice in a bowl, whisking, then whisk in remaining 1/8 teaspoon each of salt and pepper. Cool dressing.
- ☐ Halve pear lengthwise and remove core (preferably with a melon-ball cutter), then cut lengthwise into 1/4-inch-thick slices. Arrange slices on 4 plates, to one side, and drizzle with remaining 1/2 tablespoon lemon juice.
- ☐ Toss arugula with enough dressing to coat and mound alongside pear. Spoon a dollop of mascarpone mixture onto each plate between salad and pear, then sprinkle salads with remaining toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:15.430000046025%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 560.23kcal (28.01%), Fat: 54.47g (83.79%), Saturated Fat: 16.16g (101.01%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 9.34g (3.4%), Sugar: 6.22g (6.91%), Cholesterol: 42.52mg (14.17%), Sodium: 185.43mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.77%), Vitamin K: 76.91µg (73.25%), Manganese: 0.94mg (47.08%), Vitamin A: 1958.65IU (39.17%), Vitamin E: 3.48mg (23.22%), Copper: 0.42mg (20.94%), Folate: 80.03µg (20.01%), Calcium: 176.4mg (17.64%), Vitamin C: 13.64mg (16.54%), Magnesium: 63.58mg (15.9%), Fiber: 3.77g (15.06%), Phosphorus: 108.74mg (10.87%), Potassium: 357.56mg (10.22%), Iron: 1.67mg (9.27%), Vitamin B6: 0.17mg (8.55%), Vitamin B1: 0.1mg (6.98%), Zinc: 0.96mg (6.43%), Vitamin B2: 0.09mg (5.5%), Vitamin B5: 0.4mg (3.99%), Vitamin B3: 0.49mg (2.46%), Selenium: 1.27µg (1.81%)