



Arugula and Pear Salad with Toasted Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby arugula leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 bosc pears thinly sliced
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 0.3 cup walnuts toasted chopped

☐ 2 teaspoons citrus champagne vinegar

Equipment

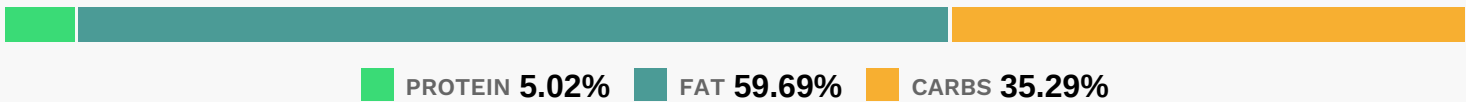
☐ bowl

☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl; stir with a whisk.
- ☐ Add arugula and pears to bowl; toss to coat.
- ☐ Place about 1 1/2 cups salad on each of 4 plates; sprinkle each serving with 1 tablespoon walnuts.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:4.37, Inflammation Score:-6, Nutrition Score:7.9347825309505%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 170.56kcal (8.53%), Fat: 12.11g (18.62%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 12.27g (4.46%), Sugar: 9.68g (10.76%), Cholesterol: 0mg (0%), Sodium: 158.57mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin K: 41.15µg (39.19%), Manganese: 0.41mg (20.34%), Fiber: 3.84g (15.35%), Vitamin A: 736.28IU (14.73%), Folate: 43.38µg (10.84%), Copper: 0.22mg (10.78%), Vitamin C: 8.64mg (10.47%), Vitamin E: 1.3mg (8.65%), Magnesium: 32.77mg (8.19%), Potassium: 256.91mg (7.34%), Calcium:

64.89mg (6.49%), Phosphorus: 53.72mg (5.37%), Iron: 0.9mg (5.02%), Vitamin B6: 0.1mg (4.8%), Vitamin B2: 0.06mg (3.57%), Vitamin B1: 0.05mg (3.4%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.23mg (2.25%), Vitamin B3: 0.32mg (1.62%)