



Arugula-Pear-Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups arugula loosely packed
- ☐ 2 bartlett pears cut into 6 wedges each
- ☐ 4 ounces cheese blue crumbled
- ☐ 0.5 cup champagne vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup pear preserves
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 1 shallots sliced
- ☐ 0.3 cup walnuts toasted chopped

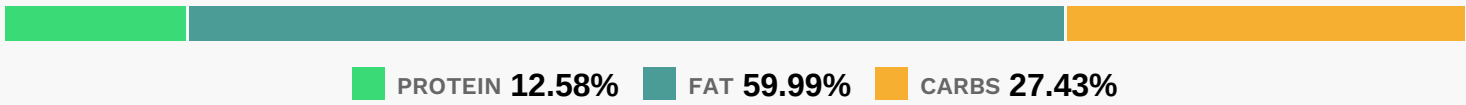
Equipment

- ☐ food processor
- ☐ bowl
- ☐ measuring cup

Directions

- ☐ Process 1/4 cup preserves and next 5 ingredients in a food processor 30 seconds to 1 minute or until smooth. With processor running, pour oil through food chute in a slow steady, stream, processing until smooth.
- ☐ Transfer to a 2-cup measuring cup or small bowl, and stir in remaining 2 Tbsp. pear preserves.
- ☐ Place arugula in a large serving bowl. Top with pears, blue cheese, and walnuts.
- ☐ Drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:2.81, Inflammation Score:-5, Nutrition Score:6.4221739652364%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 139.73kcal (6.99%), Fat: 9.41g (14.48%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 7.41g (2.69%), Sugar: 5.64g (6.27%), Cholesterol: 10.63mg (3.54%), Sodium: 329.71mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin K: 25.92µg (24.69%), Vitamin A: 598.56IU (11.97%), Manganese: 0.24mg (11.94%), Calcium: 118.12mg (11.81%), Fiber: 2.27g (9.08%), Phosphorus: 87.92mg (8.79%), Folate: 32.27µg (8.07%), Vitamin C: 5.55mg (6.73%), Copper: 0.12mg (6.2%), Magnesium: 23.42mg (5.86%), Potassium: 196.02mg (5.6%), Vitamin B2: 0.09mg (5.37%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.08mg (4.13%), Vitamin E: 0.6mg (4.01%), Selenium: 2.81µg (4.01%), Vitamin B5: 0.39mg (3.88%), Iron: 0.68mg (3.79%), Vitamin B12: 0.17µg (2.88%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.34mg (1.71%)