



## Arugula Salad with Pears and Gorgonzola

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 cups baby arugala
- ☐ 4 tablespoons glazed pecans
- ☐ 4 tablespoons gorgonzola crumbled
- ☐ 2 tablespoons olive oil and vinegar dressing
- ☐ 15 ounce pear halves drained sliced canned
- ☐ 4 servings salt and pepper black freshly ground

### Equipment

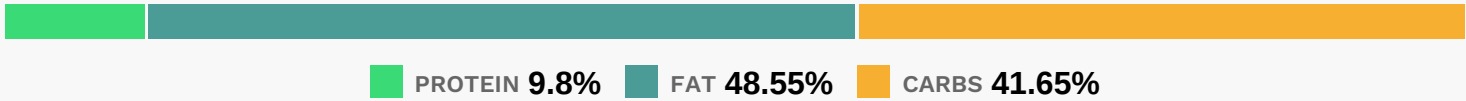
- ☐ bowl

☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, whisk together 2 tablespoons reserved pear juice and olive oil and vinegar dressing. Season, to taste, with salt and pepper.
- ☐ Add arugula and toss to coat.
- ☐ Divide dressed arugula among 4 chilled salad plates. Top each salad with 4 pear slices, Gorgonzola, and pecans.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:7.62, Inflammation Score:-7, Nutrition Score:12.225652081811%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg 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: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 310.13kcal (15.51%), Fat: 17.27g (26.57%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 25.35g (9.22%), Sugar: 19.83g (22.03%), Cholesterol: 10.5mg (3.5%), Sodium: 223.96mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.69%), Vitamin C: 33.57mg (40.69%), Fiber: 7.98g (31.93%), Vitamin K: 27.37µg (26.07%), Manganese: 0.36mg (18.11%), Folate: 59.62µg (14.91%), Phosphorus: 145.4mg (14.54%), Vitamin B1: 0.21mg (13.99%), Vitamin A: 688.57IU (13.77%), Calcium: 112.48mg (11.25%), Copper: 0.22mg (11.09%), Vitamin B2: 0.18mg (10.41%), Potassium: 337.46mg (9.64%), Zinc: 1.38mg (9.19%), Vitamin B3: 1.83mg (9.15%), Vitamin B6: 0.18mg (8.84%), Magnesium: 34.76mg (8.69%), Iron: 1.54mg (8.53%), Vitamin E: 1.27mg

(8.44%), Selenium: 3.45µg (4.92%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.17µg (2.85%)