



Arugula Salad with Port-Cooked Pears and Roquefort Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces arugula trimmed
- ☐ 2 bartlett pears cored peeled quartered
- ☐ 2 cups belgian endive () (1/2 pound)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup port sweet
- ☐ 1 ounce roquefort blue crumbled
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon walnut oil
- ☐ 2 tablespoons walnuts toasted chopped
- ☐ 1 tablespoon citrus champagne vinegar

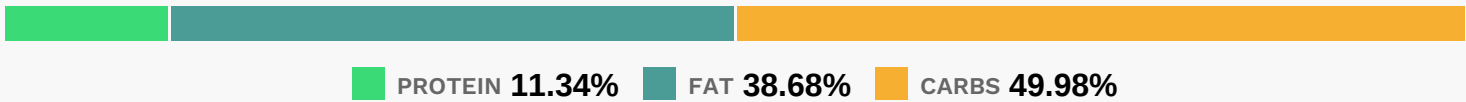
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Arrange pears in a 13 x 9-inch baking dish coated with cooking spray; drizzle with port.
- ☐ Sprinkle evenly with sugar. Cover and bake at 400 for 10 minutes. Uncover and bake an additional 15 minutes or until pears are almost tender. Cool completely; reserve 1 tablespoon liquid from pan. Thinly slice pears; set aside.
- ☐ Combine reserved 1 tablespoon liquid, vinegar, oil, salt, and pepper, stirring with a whisk.
- ☐ Combine sliced pears, arugula, and endive in a large bowl.
- ☐ Drizzle vinegar mixture over arugula mixture; toss gently to coat. Arrange about 1 1/3 cups salad on each of 8 plates.
- ☐ Sprinkle each serving with 1 1/2 teaspoons cheese and 3/4 teaspoon nuts.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:2.83, Inflammation Score:-6, Nutrition Score:6.2352173843462%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.41kcal (4.37%), Fat: 3.43g (5.28%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 7.26g (2.64%), Sugar: 5.57g (6.19%), Cholesterol: 2.66mg (0.89%), Sodium: 122.79mg (5.34%), Alcohol: 1.59g (100%), Alcohol %: 1.69% (100%), Protein: 2.26g (4.53%), Vitamin K: 32.98µg (31.41%), Vitamin A: 719.9IU (14.4%), Manganese: 0.24mg (12.22%), Fiber: 2.71g (10.86%), Folate: 42.38µg (10.6%), Vitamin C: 6.88mg (8.34%), Calcium: 76.44mg (7.64%), Potassium: 237.76mg (6.79%), Magnesium: 24.99mg (6.25%), Copper: 0.11mg (5.58%), Phosphorus: 51.55mg (5.15%), Iron: 0.72mg (4%), Vitamin B2: 0.06mg (3.77%), Vitamin B6: 0.07mg (3.49%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.4mg (2.66%), Vitamin B5: 0.26mg (2.56%), Vitamin B3: 0.29mg (1.47%), Vitamin E: 0.2mg (1.36%), Selenium: 0.85µg (1.21%)