





Asian Pear and Gorgonzola Salad With Pomegranate Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups baby spinach mixed (ie. Arugula, Baby Spinach, Mâche, etc.)
- 2 pears paper thin sliced
- 1 cup pomegranate seeds fresh
- 0.5 cup gorgonzola crumbled
- 1 cup pistachios roughly chopped
- 2 tablespoons pomegranate seeds fresh
- 3 tablespoons red wine vinegar

- 0.5 teaspoon sugar
- 2 shallots thinly sliced
- 0.5 cup olive oil extra virgin
- 20 servings kosher salt fresh to taste

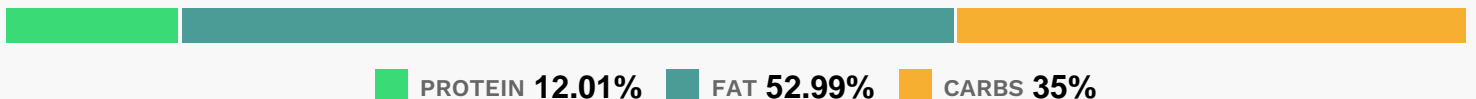
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Prepare Vinaigrette. In a small sauce pan or skillet, heat olive oil on low.
- Add shallots and cook until softened about 2–3 minutes.
- Remove from heat and cool.
- Place pomegranate seeds in a small bowl. Using a fork, crush the seeds to allow the juices to come out.
- Add shallots, sugar, and red wine vinegar. Slowly whisk in the olive oil from the shallots until fully incorporated. Season with salt and pepper to taste.
- Arrange the greens onto a large platter.
- Place the pears over the greens and sprinkle the pomegranate seeds, pistachios, and gorgonzola on top.
- Drizzle the vinaigrette over the salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:7.4839130434783%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 51.83%, Sourness: 35.3%, Bitterness: 36.24%, Savoriness: 20.07%, Fattiness: 85.68%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 77.65kcal (3.88%), Fat: 4.87g (7.49%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 5.32g (1.94%), Sugar: 3.9g (4.33%), Cholesterol: 2.12mg (0.71%), Sodium: 236.79mg (10.3%), Protein: 2.48g (4.97%), Vitamin K: 61.07µg (58.16%), Vitamin A: 1176.87IU (23.54%), Manganese: 0.21mg (10.53%), Folate: 33.22µg (8.3%), Vitamin B6: 0.15mg (7.69%), Fiber: 1.92g (7.67%), Vitamin C: 5.68mg (6.89%), Copper: 0.13mg (6.46%), Potassium: 190.05mg (5.43%), Phosphorus: 54.26mg (5.43%), Magnesium: 20.6mg (5.15%), Vitamin B1: 0.07mg (4.92%), Vitamin E: 0.63mg (4.19%), Iron: 0.68mg (3.8%), Calcium: 37.02mg (3.7%), Vitamin B2: 0.05mg (3.15%), Zinc: 0.34mg (2.25%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.14mg (1.41%), Vitamin B3: 0.26mg (1.29%)