



Asian Pear, Fennel, and Walnut Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 fennel bulb
- 1.5 tablespoons juice of lemon
- 0.3 cup coarsely parmesan cheese grated
- 1 large asian pear
- 0.3 teaspoon salt plus more to taste
- 0.3 cup walnut halves whole toasted roughly chopped
- 2.5 tablespoons walnut oil

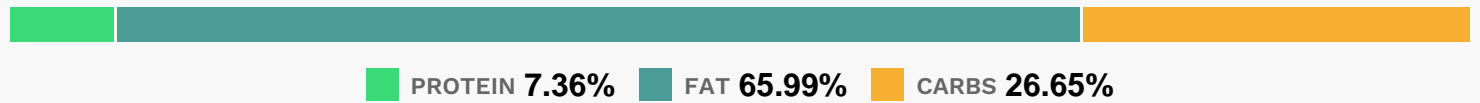
Equipment

- bowl
- whisk

Directions

- Trim stalks and any discolored areas from fennel bulb.
- Cut bulb in half lengthwise, lay a flat side on a work surface, and cut into very thin slices. Repeat with other half and set slices aside.
- Cut pear into quarters and scoop out cores. Peel quarters and cut into 1/4-in. slices. Set aside.
- Whisk together walnut oil, lemon juice, and salt in a small bowl. Taste and add more salt if you like.
- Arrange fennel slices and pear slices on 4 salad plates.
- Drizzle each plate with 1 tbsp. dressing. Arrange walnuts and parmesan on top.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:3.8, Inflammation Score:-4, Nutrition Score:8.442173909234%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 219.57kcal (10.98%), Fat: 17.07g (26.26%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 11.24g (4.09%), Sugar: 8.31g (9.23%), Cholesterol: 5.44mg (1.81%), Sodium: 285.96mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Vitamin K: 40.95µg (39%), Manganese: 0.48mg (23.93%), Fiber: 4.27g (17.06%), Vitamin C: 11.8mg (14.3%), Copper: 0.24mg (12.21%), Phosphorus: 109.96mg (11%), Potassium: 369.21mg (10.55%), Calcium: 99.07mg (9.91%), Magnesium: 31.9mg (7.98%), Folate: 30.88µg (7.72%), Vitamin B6: 0.1mg (5.21%), Zinc: 0.75mg (5%), Iron: 0.85mg (4.71%), Selenium: 3.14µg (4.48%), Vitamin B2: 0.07mg (4.16%), Vitamin E: 0.55mg (3.68%), Vitamin B1: 0.05mg (3.27%), Vitamin A: 149.12IU (2.98%), Vitamin B3: 0.59mg (2.93%), Vitamin B5: 0.25mg (2.47%), Vitamin B12: 0.08µg (1.41%)