



Asian Pear Mignonette



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup coconut vinegar
- ☐ 12 live oysters fresh
- ☐ 0.5 asian pear
- ☐ 1 pinch freshly cracked pepper black
- ☐ 1 teaspoon sea salt
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water

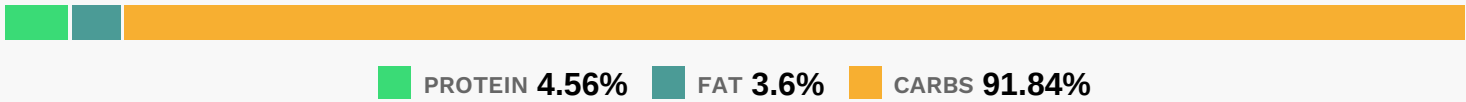
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Wash, peel, core and finely chop the pears into 1/8-inch dice
- ☐ Add the pears, sugar, salt, pepper, coconut vinegar and water to a medium bowl.
- ☐ Whisk to incorporate.
- ☐ Serve immediately with freshly shucked oysters.

Nutrition Facts



Properties

Glycemic Index:138.84, Glycemic Load:12.35, Inflammation Score:-1, Nutrition Score:6.7478260993958%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 105.75kcal (5.29%), Fat: 0.45g (0.7%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 23.22g (8.44%), Sugar: 20.76g (23.06%), Cholesterol: 6.72mg (2.24%), Sodium: 2341.54mg (101.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Zinc: 6.7mg (44.68%), Copper: 0.56mg (27.99%), Vitamin B12: 1.47µg (24.5%), Fiber: 2.78g (11.14%), Manganese: 0.11mg (5.58%), Iron: 0.97mg (5.39%), Selenium: 3.48µg (4.97%), Vitamin C: 3.83mg (4.64%), Vitamin K: 4.25µg (4.05%), Potassium: 131.5mg (3.76%), Phosphorus: 27.13mg (2.71%), Magnesium: 9.64mg (2.41%), Vitamin B2: 0.04mg (2.4%), Calcium: 20.38mg (2.04%), Folate: 7.42µg (1.86%), Vitamin E: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.57%), Vitamin B3: 0.3mg (1.5%)