



WHATSheATE



Asian Pear, Persimmon, and Almond Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.1 teaspoon cayenne
- ☐ 2 firm-ripe fuyu persimmons unpeeled cut in thin wedges
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 large asian pear unpeeled cut in thin wedges

☐ 2 ounces salad mix whole packed (1 lightly qt.)

Equipment

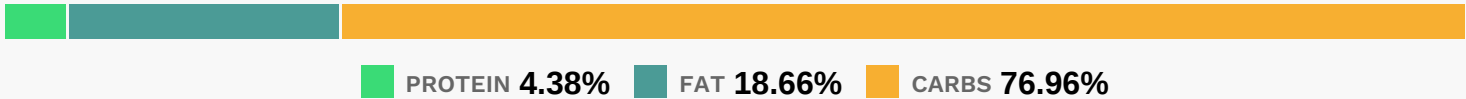
☐ bowl

☐ whisk

Directions

- ☐ In a medium bowl, whisk lime juice, oil, honey, salt, and cayenne until blended.
- ☐ In another medium bowl, gently mix lettuces with 1 to 2 tbsp. dressing.
- ☐ Add remaining ingredients to first bowl with dressing and mix gently to coat.
- ☐ Divide lettuce among 4 salad plates. Spoon fruit mixture on top.

Nutrition Facts



Properties

Glycemic Index:45.26, Glycemic Load:21.21, Inflammation Score:-5, Nutrition Score:8.7191305523333%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg 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: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 230.85kcal (11.54%), Fat: 5.27g (8.11%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 46.11g (16.77%), Sugar: 14.82g (16.47%), Cholesterol: 0mg (0%), Sodium: 151.28mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin C: 65.84mg (79.8%), Vitamin E: 2.23mg (14.85%), Iron: 2.65mg (14.7%), Potassium: 432.13mg (12.35%), Manganese: 0.24mg (11.82%), Fiber: 2.84g (11.36%),

Phosphorus: 73.87mg (7.39%), Copper: 0.14mg (7.07%), Magnesium: 27.8mg (6.95%), Vitamin B2: 0.12mg (6.84%), Calcium: 53.26mg (5.33%), Vitamin A: 209.05IU (4.18%), Folate: 14.43µg (3.61%), Vitamin K: 3.27µg (3.12%), Vitamin B3: 0.49mg (2.44%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.05mg (2.42%), Vitamin B1: 0.03mg (2.06%), Vitamin B5: 0.11mg (1.07%)