



Asian Pear Salad with Pecans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup champagne vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 12 oz frisée separated ends trimmed
- ☐ 0.8 cup gorgonzola cheese crumbled
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 asian pears halved thinly sliced

☐ 1 cup pecans toasted

Equipment

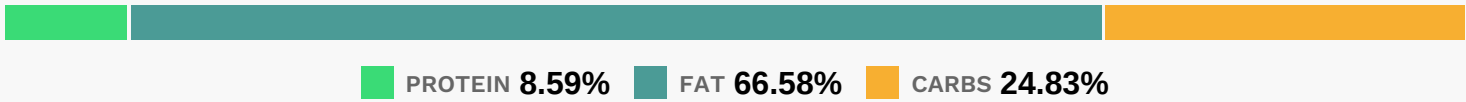
☐ bowl

☐ whisk

Directions

- ☐ Whisk together first 5 ingredients. In a large serving bowl, combine frise, pears, and pecans.
- ☐ Drizzle dressing over salad and toss well to coat.
- ☐ Sprinkle cheese on top and give another quick toss.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:10.979130505868%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 126.98kcal (6.35%), Fat: 9.91g (15.24%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 5.45g (1.98%), Sugar: 4.46g (4.95%), Cholesterol: 5.3mg (1.77%), Sodium: 293.23mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin K: 87.22µg (83.07%), Vitamin A: 1686.96IU (33.74%), Manganese: 0.55mg (27.53%), Fiber: 2.86g (11.45%), Copper: 0.21mg (10.54%), Vitamin C: 8.2mg (9.94%), Folate: 37.65µg (9.41%), Calcium: 76.6mg (7.66%), Vitamin E: 1.07mg (7.13%), Phosphorus: 67.92mg (6.79%), Potassium: 211.76mg (6.05%), Magnesium: 22.94mg (5.74%), Vitamin B2: 0.1mg (5.6%), Vitamin B5:

0.54mg (5.38%), Vitamin B1: 0.08mg (5.26%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.07mg (3.39%), Iron: 0.58mg (3.23%), Selenium: 1.59µg (2.28%), Vitamin B3: 0.36mg (1.81%), Vitamin B12: 0.09µg (1.44%)