



Autumn Apple, Pear, and Cheddar Salad with Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 medium purée of usa bartlett pear cored cut into 18 wedges
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1 medium mcintosh apples cored cut into 18 wedges
- ☐ 3 tablespoons pecans toasted chopped

- ☐ 1 cup grapes red seedless halved
- ☐ 10 ounces gourmet salad greens
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce sharp cheddar cheese shredded finely

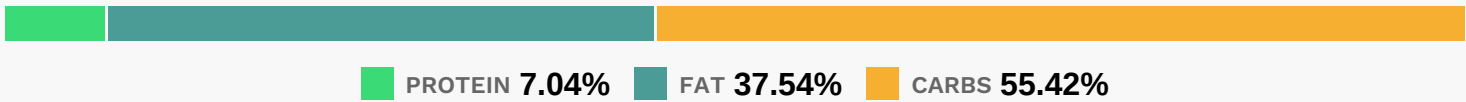
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place apple juice in a small saucepan, and bring to a boil over medium-high heat. Cook until reduced to about 3 tablespoons (about 10 minutes).
- ☐ Combine reduced apple juice, vinegar, oil, salt, and pepper, stirring with a whisk.
- ☐ Combine greens, grapes, apple, and pear in a large bowl.
- ☐ Drizzle with apple juice mixture; toss gently to coat.
- ☐ Sprinkle with cheese and nuts.

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:6.49, Inflammation Score:-5, Nutrition Score:5.9917391123979%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 139.28kcal (6.96%), Fat: 6.1g (9.39%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 17.82g (6.48%), Sugar: 14.12g (15.69%), Cholesterol: 4.72mg (1.57%), Sodium: 240.01mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Manganese: 0.39mg (19.42%), Vitamin C: 14.89mg (18.05%), Vitamin A: 629.01IU (12.58%), Fiber: 2.45g (9.81%), Copper: 0.16mg (7.75%), Potassium: 262.28mg (7.49%), Phosphorus: 68.96mg (6.9%), Vitamin K: 6.29µg (5.99%), Folate: 22.77µg (5.69%), Vitamin B1: 0.08mg (5.56%), Calcium: 54.19mg (5.42%), Vitamin B2: 0.09mg (5.37%), Vitamin B6: 0.1mg (5.05%), Magnesium: 20.04mg (5.01%), Iron: 0.69mg (3.82%), Zinc: 0.56mg (3.76%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.48mg (2.38%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.18mg (1.84%)