



Baby Blue Salad With Fresh Pears

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

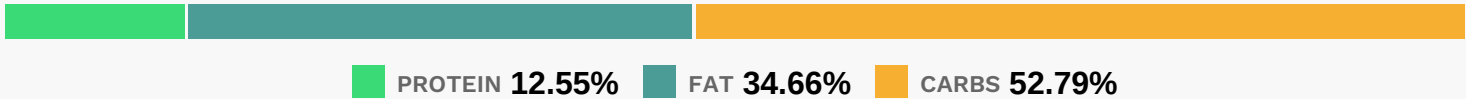
- ☐ 8 servings balsamic vinaigrette
- ☐ 2 large bartlett pears cut into thin slices
- ☐ 4 ounces cheese blue crumbled
- ☐ 8 servings sweet-and-spicy pecans
- ☐ 10 oz gourmet salad greens mixed washed
- ☐ 1 qt strawberries quartered

Equipment

Directions

- ☐ Place greens on 8 individual serving plates. Top evenly with pears and strawberries.
- ☐ Sprinkle with cheese and pecans.
- ☐ Serve with Balsamic Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:11.369999894629%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 139.89kcal (6.99%), Fat: 5.63g (8.65%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 15.06g (5.48%), Sugar: 11.43g (12.7%), Cholesterol: 10.63mg (3.54%), Sodium: 182.97mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin C: 80.29mg (97.32%), Manganese: 0.58mg (28.8%), Fiber: 4.22g (16.88%), Folate: 50.23µg (12.56%), Vitamin A: 541.36IU (10.83%), Phosphorus: 106.08mg (10.61%), Calcium: 104.28mg (10.43%), Potassium: 339.65mg (9.7%), Copper: 0.14mg (6.82%), Magnesium: 27.15mg (6.79%), Vitamin B2: 0.11mg (6.7%), Vitamin B6: 0.12mg (6.22%), Iron: 0.89mg (4.92%), Vitamin K: 5.13µg (4.89%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.47mg (4.68%), Vitamin B3: 0.9mg (4.5%), Selenium: 2.77µg (3.95%), Vitamin B1: 0.06mg (3.77%), Vitamin E: 0.46mg (3.07%), Vitamin B12: 0.17µg (2.88%)