



Baked Nut-Crusted Camembert & Pear Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups baby salad greens mixed
- 2 oz wedges camembert cheese
- 3 Tbsp honey dijon dressing divided kraft
- 0.5 pears cut into 8 slices
- 2 Tbsp planters honey roasted peanuts finely chopped

Equipment

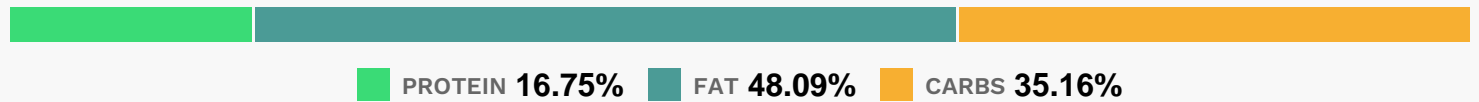
- bowl
- baking sheet

- oven
- ziploc bags

Directions

- Preheat oven to 325F. Toss cheese with 1 tsp. of the dressing in small bowl.
- Place in small resealable plastic bag.
- Add peanuts; seal bag. Shake to evenly coat cheese with the peanuts; place on ungreased baking sheet. Reserve any remaining peanuts in bag.
- Bake 7 to 8 min. or until cheese is slightly softened. Meanwhile, toss greens with remaining dressing and reserved peanuts. Divide evenly between two salad plates.
- Arrange four pear slices on each salad; top with one of the warm cheese wedges.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.1565217408149%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 29.72kcal (1.49%), Fat: 1.59g (2.44%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.2g (1.33%), Cholesterol: 2.72mg (0.91%), Sodium: 54.74mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin C: 2.11mg (2.56%), Vitamin A: 123.36IU (2.47%), Manganese: 0.05mg (2.37%), Phosphorus: 22.11mg (2.21%), Folate: 7.4µg (1.85%), Calcium: 17.57mg (1.76%), Vitamin B2: 0.03mg (1.48%), Vitamin B3: 0.28mg (1.38%), Fiber: 0.3g (1.21%), Potassium: 38.06mg (1.09%), Magnesium: 4.29mg (1.07%), Vitamin B6: 0.02mg (1.01%)