



Baked Pear & Gorgonzola Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 servings pepper black to taste
- ☐ 2 tablespoon gorgonzola cheese crumbled
- ☐ 1 large pears firm
- ☐ 2 servings balsamic vinaigrette salad dressing to taste
- ☐ 0.3 cup walnuts

Equipment

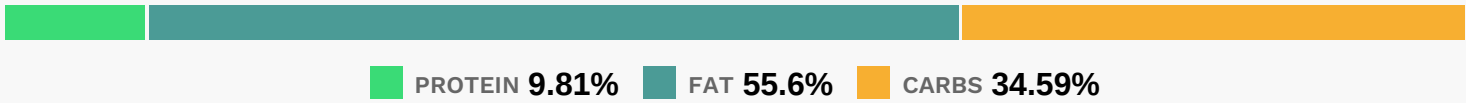
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Cut the pear in half lengthwise and carefully remove the core with a paring knife. Slice a small sliver from the bottom side so it will sit flat.
- ☐ Place them onto a baking sheet.
- ☐ Sprinkle 1 tablespoon of cheese over each pear half and bake until the pear is soft all the way through and the cheese gets brown and bubbly. About 12 minutes, depending on the size of your pears. While the pears bake, quickly toast the walnut halves in a dry hot pan until fragrant and golden, tossing frequently. About 3 minutes. Toss the lettuce leaves in a bit of vinaigrette and divide between 2 serving plates. Divide the walnuts between both plates and put a pear on top of it all.
- ☐ Drizzle a bit more vinaigrette over the top and give it a good grinding of black pepper.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:5.42, Inflammation Score:-3, Nutrition Score:7.2373913461747%

Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 215.36kcal (10.77%), Fat: 14.22g (21.88%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 15.33g (5.57%), Sugar: 11.69g (12.99%), Cholesterol: 10.5mg (3.5%), Sodium: 162.47mg (7.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Manganese: 0.57mg (28.43%), Fiber: 4.57g (18.28%), Copper: 0.33mg (16.69%), Phosphorus: 118.74mg (11.87%), Calcium: 99.05mg (9.9%), Magnesium: 34.55mg (8.64%), Folate: 27.44µg (6.86%), Vitamin B6: 0.14mg (6.77%), Potassium: 235.15mg (6.72%), Vitamin K: 6.94µg (6.61%), Zinc: 0.94mg (6.27%), Vitamin C: 5.14mg (6.22%), Vitamin B2: 0.11mg (6.21%), Vitamin B1: 0.07mg (4.52%), Selenium: 2.88µg (4.12%), Vitamin B5: 0.38mg (3.83%), Iron: 0.69mg (3.81%), Vitamin B12: 0.17µg (2.85%), Vitamin A: 139.04IU (2.78%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.32mg (2.15%)