



Balsamic-Pear Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cracker barrel 4 cheese italiano cheese shredded
- 4 slices bacon crumbled cooked reduced-sodium
- 0.3 cup extra virgin olive oil aged balsamic vinaigrette dressing kraft
- 0.3 cup onion red thin
- 2 red-skinned pears thinly sliced
- 6 cups torn salad greens mixed

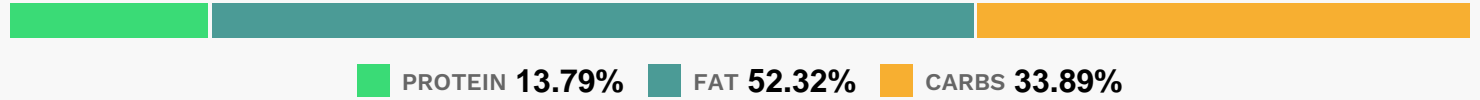
Equipment

- bowl

Directions

- Combine first 5 ingredients in large bowl.
- Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:6.855217412762%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 171.11kcal (8.56%), Fat: 10.02g (15.41%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.24g (4.82%), Sugar: 1.76g (1.96%), Cholesterol: 14.7mg (4.9%), Sodium: 292.72mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin C: 16.04mg (19.45%), Phosphorus: 125.31mg (12.53%), Potassium: 438.69mg (12.53%), Vitamin A: 555.88IU (11.12%), Vitamin B6: 0.2mg (9.92%), Manganese: 0.17mg (8.62%), Selenium: 5.93µg (8.47%), Calcium: 82.82mg (8.28%), Vitamin B3: 1.61mg (8.05%), Folate: 31.25µg (7.81%), Vitamin B1: 0.11mg (7.08%), Copper: 0.13mg (6.37%), Magnesium: 25.1mg (6.28%), Vitamin B2: 0.1mg (5.78%), Zinc: 0.84mg (5.61%), Fiber: 1.36g (5.43%), Iron: 0.85mg (4.75%), Vitamin B5: 0.36mg (3.55%), Vitamin B12: 0.16µg (2.63%), Vitamin K: 2.32µg (2.21%)