



Bartlett Pear and Green Bean Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



303 kcal

SIDE DISH

Ingredients

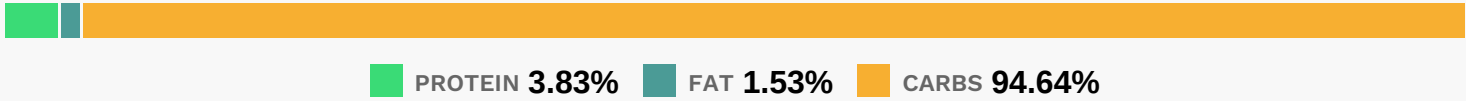
- ☐ 2 purée of usa bartlett pear
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups green beans
- ☐ 4 tablespoons honey well (walnuts or pistachios would also pair)
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons balsamic vinegar white

Equipment

Directions

- ☐ Rinse green beans and snap off bean ends. Boil water, adding salt as temperature rises. Boil green beans for 3 to 5 minutes, taste one for doneness, then drain and plunge into cold water for 3 to 5 minutes.
- ☐ Let cool.
- ☐ Divide spinach leaves between two plates. Thinly slice pears and arrange each on a fan shape on both plates. Top with green beans and nuts.
- ☐ Drizzle white balsamic vinegar onto the salad plates.
- ☐ Sprinkle lightly with pepper to taste.

Nutrition Facts



Properties

Glycemic Index:110.64, Glycemic Load:31.65, Inflammation Score:-7, Nutrition Score:11.729565361272%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 302.71kcal (15.14%), Fat: 0.54g (0.82%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 74.6g (24.87%), Net Carbohydrates: 65.97g (23.99%), Sugar: 60.1g (66.78%), Cholesterol: 0mg (0%), Sodium: 1180.21mg (51.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin K: 54.47µg (51.88%), Fiber: 8.64g (34.54%), Vitamin C: 21.46mg (26.01%), Manganese: 0.41mg (20.69%), Vitamin A: 810.21IU (16.2%), Potassium: 473.12mg (13.52%), Copper: 0.24mg (12.12%), Folate: 47.86µg (11.97%), Magnesium: 43.32mg (10.83%), Iron: 1.91mg (10.62%), Vitamin B6: 0.21mg (10.61%), Vitamin B2: 0.18mg (10.42%), Vitamin B1: 0.11mg (7.46%), Calcium: 69.71mg (6.97%), Phosphorus: 69.54mg (6.95%), Vitamin B3: 1.15mg (5.76%), Vitamin E: 0.67mg (4.45%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.35mg (3.54%), Selenium: 1.19µg (1.7%)