



Basil and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olive oil
- 0.3 cup seasoned rice vinegar
- 1 teaspoon dijon mustard country-style
- 0.5 teaspoon salt
- 0.3 teaspoon pepper red crushed
- 10 cups the salad mixed
- 0.5 cup basil fresh packed coarsely chopped
- 2 pears ripe thinly sliced

- 2 navel oranges
- 2 avocado pitted peeled sliced
- 4 oz cheese blue crumbled

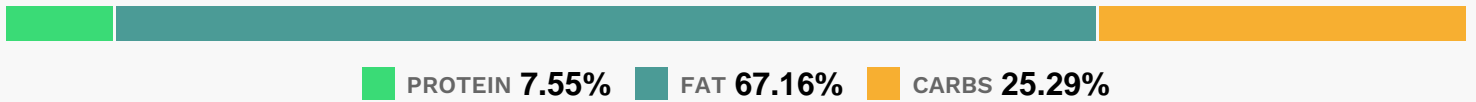
Equipment

- bowl
- whisk

Directions

- In small bowl, stir oil, vinegar, mustard, salt and pepper flakes with whisk.
- In large bowl, toss salad greens and basil.
- Add pears, oranges, avocados and blue cheese; gently toss.
- Drizzle with dressing.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:8.0608695771383%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 175.55kcal (8.78%), Fat: 13.76g (21.17%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.16g (5.73%), Cholesterol: 7.09mg (2.36%), Sodium: 222.68mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Vitamin C: 26.33mg (31.92%), Vitamin K: 16.38µg (15.6%), Fiber: 3.73g (14.9%), Folate: 53.6µg (13.4%), Vitamin A: 630.13IU (12.6%), Vitamin E: 1.68mg (11.18%), Potassium: 321.76mg (9.19%), Vitamin B6: 0.16mg (7.91%), Phosphorus: 77.34mg (7.73%), Vitamin B5: 0.75mg (7.48%), Calcium: 73.67mg (7.37%), Vitamin B2: 0.12mg (6.9%), Manganese: 0.14mg (6.82%), Copper: 0.12mg (6.13%), Magnesium: 21.17mg (5.29%), Vitamin B3: 1.03mg (5.13%), Zinc: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.72%), Iron: 0.59mg (3.27%), Selenium: 1.86µg (2.65%), Vitamin B12: 0.12µg (1.92%)