



## Basil and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 avocado pitted peeled sliced
- 0.5 cup basil fresh packed coarsely chopped
- 4 oz cheese blue crumbled
- 1 teaspoon dijon mustard country-style
- 10 cups the salad mixed
- 2 navel oranges peeled
- 0.3 cup olive oil
- 2 pears ripe thinly sliced

- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon salt
- 0.3 cup seasoned rice vinegar

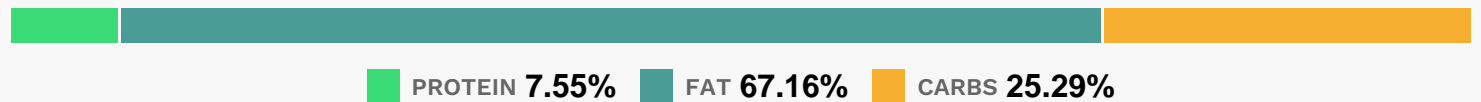
## Equipment

- bowl
- whisk

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:25.58, Glycemic Load:1.96, Inflammation Score:-7, Nutrition Score:9.674347685731%

## Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 210.66kcal (10.53%), Fat: 16.52g (25.41%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 9.52g (3.46%), Sugar: 6.19g (6.88%), Cholesterol: 8.5mg (2.83%), Sodium: 267.21mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin C: 31.6mg (38.3%), Vitamin K: 19.66µg (18.72%), Fiber: 4.47g (17.88%), Folate: 64.32µg (16.08%), Vitamin A: 756.15IU (15.12%), Vitamin E: 2.01mg (13.42%), Potassium: 386.11mg (11.03%), Vitamin B6: 0.19mg (9.49%), Phosphorus: 92.8mg (9.28%), Vitamin B5: 0.9mg (8.97%), Calcium: 88.4mg (8.84%), Vitamin B2: 0.14mg (8.28%), Manganese: 0.16mg (8.19%), Copper: 0.15mg (7.36%), Magnesium: 25.41mg (6.35%), Vitamin B3: 1.23mg (6.15%), Zinc: 0.72mg (4.78%), Vitamin B1: 0.07mg (4.47%), Iron: 0.71mg (3.93%), Selenium: 2.23µg (3.18%), Vitamin B12: 0.14µg (2.31%)