



Bibb Salad with Peppered Pears and Candied Walnuts



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 boston bibb lettuce heads
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 5 tablespoons butter divided
- ☐ 8 servings pear vinaigrette
- ☐ 2 pears cored ripe unpeeled thinly sliced

☐ 0.5 cup walnut halves and pieces

Equipment

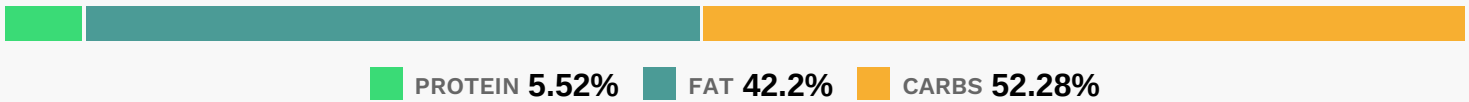
☐ frying pan

☐ wax paper

Directions

- ☐ Melt 3 tablespoons butter in a large nonstick skillet over medium-high heat.
- ☐ Add pear slices to pan, and sprinkle with pepper. Cook 4 minutes or until golden brown. Set aside.
- ☐ Melt remaining 2 tablespoons butter in same skillet over medium heat. Stir in walnuts, sugar, and 1 tablespoon water. Cook, stirring constantly, 2 minutes or until sugar melts and coats walnuts. Spoon onto wax paper, and let cool about 15 minutes.
- ☐ Arrange lettuce and reserved pears on a serving platter.
- ☐ Sprinkle with walnuts and blue cheese.
- ☐ Serve with Pear Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:9.53, Inflammation Score:-8, Nutrition Score:11.496521940698%

Flavonoids

Cyanidin: 4.53mg, Cyanidin: 4.53mg, Cyanidin: 4.53mg, Cyanidin: 4.53mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 7.91mg, Epicatechin: 7.91mg, Epicatechin: 7.91mg, Epicatechin: 7.91mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 291.91kcal (14.6%), Fat: 14.67g (22.57%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 33.41g (12.15%), Sugar: 27.81g (30.9%), Cholesterol: 25.14mg (8.38%), Sodium: 159.52mg (6.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin K: 52.06µg (49.58%), Vitamin A: 1687.11IU (33.74%), Fiber: 7.48g (29.92%), Manganese: 0.44mg (21.84%), Copper: 0.3mg (15.14%), Folate: 55.03µg (13.76%), Vitamin C: 10.65mg (12.91%), Potassium: 407.09mg (11.63%), Phosphorus: 99.14mg (9.91%), Calcium: 93.01mg (9.3%), Magnesium: 34.43mg (8.61%), Vitamin B6: 0.15mg (7.55%), Vitamin B2: 0.13mg (7.43%), Iron: 1.18mg (6.55%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.75mg (5.02%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.37mg (3.71%), Vitamin B3: 0.66mg (3.32%), Selenium: 2.21µg (3.16%), Vitamin B12: 0.12µg (1.96%)