



HEALTH SCORE

73%

Bitter Green Salad with Roasted Pears



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 lb firm-ripe bosc pears cored peeled cut lengthwise into 8 wedges
- ☐ 1 small head chicory
- ☐ 2.5 tablespoons cider vinegar
- ☐ 1 small head endive
- ☐ 0.5 teaspoon honey
- ☐ 1 bunch mizuna
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 small head radicchio thinly
- ☐ 1 small head the of 1 cos lettuce
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 bunch watercress

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Toss pears with oil and spread in 1 layer in a 17- by 12-inch shallow baking pan, then season with salt and pepper. Roast pears, stirring and turning over twice, until pears are tender and beginning to brown, 20 to 30 minutes, then cool about 15 minutes.
- ☐ While pears are roasting and cooling, tear enough tender chicory and escarole leaves (discard ribs) into bite-size pieces to measure 6 cups total. Tear enough radicchio, watercress, mizuna, and romaine into bite-size pieces to measure 10 cups total. Toss torn greens in a large bowl and reserve remaining greens for another use.
- ☐ Whisk together shallot, vinegar, honey, salt, and pepper, then add oil in a slow stream, whisking until emulsified.
- ☐ Just before serving, add roasted pears and dressing to greens and toss to combine well.
- ☐ Salad greens can be washed and dried 1 day ahead, then chilled, wrapped in paper towels, in a sealed plastic bag. Pears can be roasted 4 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:7, Inflammation Score:-10, Nutrition Score:19.276521776033%

Flavonoids

Cyanidin: 18.99mg, Cyanidin: 18.99mg, Cyanidin: 18.99mg, Cyanidin: 18.99mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 4.78mg, Luteolin: 4.78mg, Luteolin: 4.78mg, Luteolin: 4.78mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 9.15mg, Kaempferol: 9.15mg, Kaempferol: 9.15mg, Kaempferol: 9.15mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 153.65kcal (7.68%), Fat: 5.06g (7.79%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 20g (7.27%), Sugar: 15.98g (17.76%), Cholesterol: 0mg (0%), Sodium: 75.17mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin K: 280.52µg (267.16%), Vitamin A: 6362.45IU (127.25%), Folate: 196.35µg (49.09%), Fiber: 8.35g (33.41%), Manganese: 0.5mg (25.2%), Vitamin C: 17.41mg (21.1%), Potassium: 600.79mg (17.17%), Copper: 0.27mg (13.68%), Vitamin E: 1.59mg (10.59%), Vitamin B5: 0.87mg (8.72%), Iron: 1.57mg (8.71%), Vitamin B2: 0.14mg (8.23%), Vitamin B1: 0.12mg (8.16%), Magnesium: 32.48mg (8.12%), Calcium: 78.67mg (7.87%), Zinc: 0.96mg (6.37%), Phosphorus: 63.48mg (6.35%), Vitamin B6: 0.12mg (5.77%), Vitamin B3: 0.77mg (3.84%)