



Blue Cheesed Green Salad with Pear Dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



498 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head boston lettuce
- 1 pint campari quartered
- 1 small onion red halved thinly sliced
- 4 oz cheese blue crumbled
- 0.5 cup olive oil
- 0.3 cup pear juice
- 2 tablespoons balsamic vinegar white
- 1 teaspoon juice of lemon

- 0.5 teaspoon dijon mustard
- 1 clove garlic finely chopped
- 0.5 teaspoon pepper freshly ground
- 0.3 teaspoon sea salt

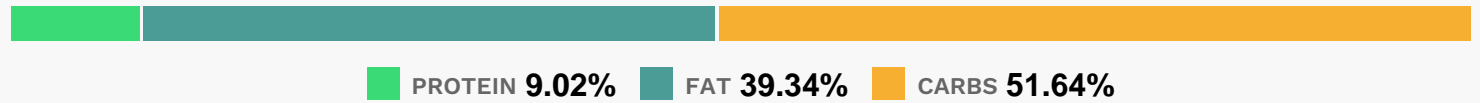
Equipment

- bowl

Directions

- In large bowl, toss lettuce, tomatoes, onion and cheese; set aside.
- In jar with tight-fitting lid, shake remaining ingredients until well blended.
- Drizzle dressing over salad; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:9.4513044331385%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 498.28kcal (24.91%), Fat: 13.69g (21.06%), Saturated Fat: 6.08g (37.98%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 39.38g (14.32%), Sugar: 4.44g (4.93%), Cholesterol: 21.26mg (7.09%), Sodium: 485.17mg (21.09%), Alcohol: 26.85g (100%), Alcohol %: 12.43% (100%), Protein: 7.06g (14.13%), Vitamin K: 46.86µg (44.63%), Vitamin A: 1568.45IU (31.37%), Calcium: 177.99mg (17.8%), Phosphorus: 137.45mg (13.75%), Vitamin C:

11.25mg (13.63%), Folate: 46.36µg (11.59%), Vitamin B2: 0.15mg (8.77%), Manganese: 0.17mg (8.45%), Potassium: 254.18mg (7.26%), Selenium: 4.91µg (7.01%), Vitamin E: 0.95mg (6.35%), Vitamin B6: 0.13mg (6.33%), Zinc: 0.92mg (6.15%), Vitamin B5: 0.6mg (5.97%), Vitamin B12: 0.35µg (5.76%), Magnesium: 18.17mg (4.54%), Iron: 0.79mg (4.38%), Fiber: 1.05g (4.18%), Vitamin B1: 0.05mg (3.29%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.52%)