



Candied Walnut, Pear, and Leafy Green Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 anjou pear red ripe thinly sliced
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers chopped
- 1.5 teaspoons dijon mustard
- 0.5 teaspoon kosher salt divided
- 4 cups torn leaf lettuce green
- 3 tablespoons olive oil extra-virgin
- 4 cups radicchio thinly chopped

- 4 cups romaine lettuce chopped
- 0.3 cup sugar
- 0.7 cup walnuts toasted chopped
- 2 tablespoons balsamic vinegar white

Equipment

- baking sheet
- sauce pan
- whisk

Directions

- Place sugar in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 1 minute). Continue cooking 1 minute or until golden (do not stir).
- Remove from heat; carefully stir in nuts to coat evenly.
- Spread nuts on a baking sheet coated with cooking spray; separate nuts quickly.
- Sprinkle with 1/4 teaspoon salt. Set aside until cool; break into small pieces.
- Combine vinegar and mustard, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Stir in capers.
- Combine lettuces and radicchio; top with pear and candied walnuts.
- Drizzle dressing evenly over salad; sprinkle with remaining 1/4 teaspoon salt and pepper. Toss gently to combine.
- Wine note: I favor a crisp white with almost any green salad, and Candied Walnut, Pear, and Leafy Green Salad is no exception. 2007 Pinon Vouvray Cuve Tradition (\$1
- has a gorgeous nose of honey and lemon peel that resonates perfectly with the candied nuts and pears. --Gary Vaynerchuck

Nutrition Facts



PROTEIN 5.47% **FAT 59.05%** **CARBS 35.48%**

Properties

Glycemic Index:30.11, Glycemic Load:7.29, Inflammation Score:-9, Nutrition Score:12.733478375103%

Flavonoids

Cyanidin: 26.12mg, Cyanidin: 26.12mg, Cyanidin: 26.12mg, Cyanidin: 26.12mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 7.66mg, Luteolin: 7.66mg, Luteolin: 7.66mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

Nutrients (% of daily need)

Calories: 170.71kcal (8.54%), Fat: 11.85g (18.24%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 13.68g (4.98%), Sugar: 11.9g (13.22%), Cholesterol: 0mg (0%), Sodium: 196.2mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 102.53µg (97.65%), Vitamin A: 3395.05IU (67.9%), Manganese: 0.47mg (23.56%), Folate: 62.22µg (15.55%), Copper: 0.26mg (13.25%), Fiber: 2.34g (9.35%), Vitamin E: 1.39mg (9.24%), Magnesium: 26.56mg (6.64%), Potassium: 229.54mg (6.56%), Vitamin C: 5.33mg (6.46%), Phosphorus: 58.65mg (5.86%), Vitamin B6: 0.1mg (5.24%), Iron: 0.92mg (5.12%), Vitamin B1: 0.07mg (4.71%), Zinc: 0.55mg (3.66%), Vitamin B2: 0.06mg (3.52%), Calcium: 32.17mg (3.22%), Vitamin B5: 0.18mg (1.82%), Selenium: 1.27µg (1.81%), Vitamin B3: 0.35mg (1.75%)