




Champagne Salad With Pear-Goat Cheese Tarts

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings champagne
- 8 servings goat cheese
- 10 oz the salad mixed
- 0.3 cup cranberries dried sweetened
- 8 servings walnuts

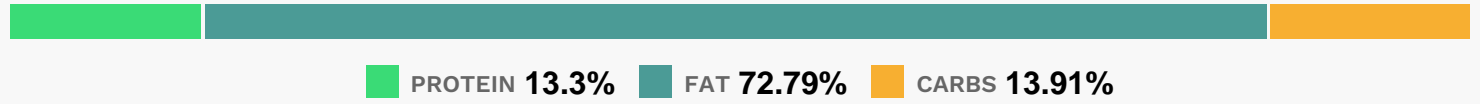
Equipment

- bowl

Directions

- Combine salad greens and cranberries in a large bowl. Arrange mixture on a serving plate.
- Sprinkle evenly with Sugared Walnuts. Top with 8 Pear-Goat Cheese Tarts.
- Serve immediately with Champagne Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:11.822608652322%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 369.15kcal (18.46%), Fat: 25.96g (39.94%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.89g (3.23%), Sugar: 6.42g (7.13%), Cholesterol: 13.8mg (4.6%), Sodium: 130.83mg (5.69%), Alcohol: 9.47g (100%), Alcohol %: 4.83% (100%), Protein: 10.67g (21.34%), Manganese: 1.12mg (55.98%), Copper: 0.73mg (36.69%), Phosphorus: 217.02mg (21.7%), Magnesium: 71.1mg (17.78%), Vitamin B6: 0.3mg (14.8%), Vitamin A: 718.46IU (14.37%), Iron: 2.28mg (12.66%), Folate: 47.59µg (11.9%), Vitamin B2: 0.19mg (11.35%), Vitamin C: 8.62mg (10.45%), Potassium: 333.77mg (9.54%), Zinc: 1.4mg (9.34%), Fiber: 2.28g (9.11%), Calcium: 89.78mg (8.98%), Vitamin B1: 0.13mg (8.97%), Vitamin B5: 0.43mg (4.28%), Vitamin B3: 0.84mg (4.18%), Selenium: 2.78µg (3.97%), Vitamin E: 0.37mg (2.47%), Vitamin K: 1.73µg (1.65%)