



Cheese with pickled pear salad

READY IN



10 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp dijon mustard
- ☐ 2.5 tbsp citrus champagne vinegar
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp walnut oil
- ☐ 1 tsp mustard seeds yellow
- ☐ 1 tbsp tarragon finely chopped
- ☐ 1 spring onion thinly sliced
- ☐ 4 pears cored peeled thinly sliced
- ☐ 8 cheddar cheese thin

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- ☐ 8 servings grands flaky refrigerator biscuits whole

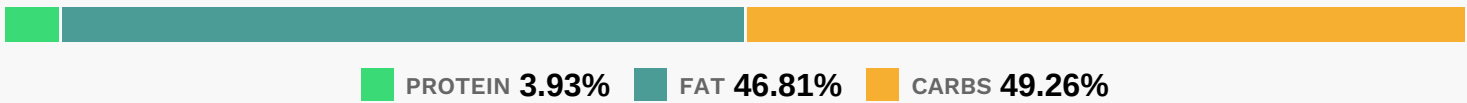
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix the mustard and vinegar.
- ☐ Add the oils, mustard seeds, tarragon, spring onion and salt and pepper.
- ☐ Add the pears to the dressing, toss well, then cover and chill for up to 4 hrs until ready to serve.
- ☐ Place a wedge of each cheese on small serving plates, then divide the pear salad between the plates.
- ☐ Serve with biscuits, crackers and walnuts.

Nutrition Facts



Properties

Glycemic Index:36.09, Glycemic Load:15.38, Inflammation Score:-2, Nutrition Score:5.3117391253295%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 253.56kcal (12.68%), Fat: 13.5g (20.77%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 28.7g (10.44%), Sugar: 14.79g (16.44%), Cholesterol: 2mg (0.67%), Sodium: 120.77mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Fiber: 3.26g (13.06%), Vitamin K: 12.53µg (11.94%),

Manganese: 0.22mg (11.19%), Vitamin E: 1.34mg (8.93%), Folate: 32.38µg (8.1%), Vitamin B1: 0.12mg (7.71%), Vitamin B2: 0.13mg (7.66%), Iron: 1.29mg (7.15%), Vitamin B3: 1.14mg (5.7%), Vitamin C: 4.45mg (5.4%), Copper: 0.11mg (5.33%), Selenium: 3.16µg (4.51%), Potassium: 156.31mg (4.47%), Phosphorus: 43.87mg (4.39%), Magnesium: 14.48mg (3.62%), Calcium: 35.08mg (3.51%), Vitamin B6: 0.06mg (3.19%), Zinc: 0.35mg (2.33%), Vitamin A: 107.05IU (2.14%), Vitamin B5: 0.14mg (1.41%)