



Chicken Pear Salad with Blue Cheese



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

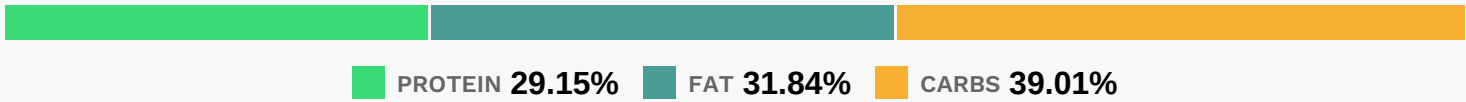
- ☐ 1.3 cups chicken strips cooked
- ☐ 15 ounce del monte pears drained sliced lite® canned
- ☐ 0.5 cup regular cheese salad dressing fat-free blue reduced-calorie
- ☐ 6 cups torn salad greens chopped
- ☐ 1 medium bell pepper green yellow thinly sliced

Equipment

Directions

- ☐ Arrange equal amounts of the salad greens on each of 4 salad plates.
- ☐ Spoon equal amounts of the dressing evenly over all.
- ☐ Top with the chicken, peppers, and pears.
- ☐ Sprinkle evenly with the blue cheese, black pepper and walnuts, if desired.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:4.81, Inflammation Score:-7, Nutrition Score:14.919565377028%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 230.93kcal (11.55%), Fat: 8.35g (12.85%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 19.22g (6.99%), Sugar: 14.25g (15.84%), Cholesterol: 47.32mg (15.77%), Sodium: 395.01mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.41%), Vitamin C: 43.42mg (52.62%), Vitamin B3: 8.39mg (41.97%), Vitamin B6: 0.72mg (35.9%), Selenium: 24.59µg (35.13%), Vitamin K: 23.48µg (22.36%), Phosphorus: 201.77mg (20.18%), Vitamin A: 851.01IU (17.02%), Potassium: 576.81mg (16.48%), Fiber: 3.8g (15.21%), Vitamin B5: 1.21mg (12.07%), Manganese: 0.2mg (9.79%), Magnesium: 37.71mg (9.43%), Folate: 35.57µg (8.89%), Vitamin B2: 0.14mg (8.23%), Copper: 0.16mg (8.12%), Vitamin E: 1.02mg (6.81%), Vitamin B1: 0.1mg (6.73%), Iron: 1.02mg (5.67%), Zinc: 0.72mg (4.8%), Calcium: 27.86mg (2.79%), Vitamin B12: 0.15µg (2.46%)