



Comice Pear and Endive Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup belgian endive thinly sliced
- 1 ounce cheese blue crumbled
- 0.3 teaspoon dijon mustard
- 1 teaspoon thyme leaves fresh chopped
- 0.3 teaspoon honey
- 4 cups salad greens mixed
- 1.5 tablespoons olive oil
- 2 cups comice pear thinly sliced

- 0.1 teaspoon salt
- 0.3 cup walnuts toasted chopped
- 1 tablespoon citrus champagne vinegar

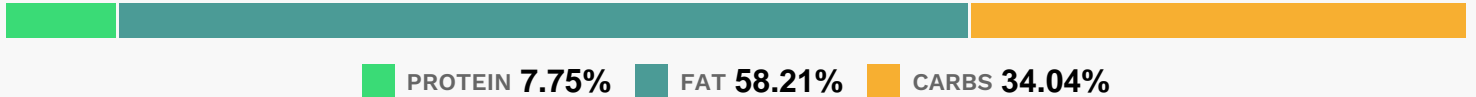
Equipment

- bowl
- whisk

Directions

- Combine olive oil, vinegar, thyme, Dijon mustard, honey, and salt in a bowl, stirring with a whisk.
- Combine salad greens, pear, endive, and walnuts in a large bowl.
- Drizzle vinaigrette over salad mixture; toss to coat.
- Sprinkle with crumbled blue cheese.

Nutrition Facts



Properties

Glycemic Index:53.26, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:6.9273913211149%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 178.1kcal (8.91%), Fat: 12.23g (18.82%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 12.33g (4.49%), Sugar: 8.44g (9.38%), Cholesterol: 5.32mg (1.77%), Sodium: 169.88mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Manganese: 0.38mg (19.12%), Vitamin C: 14.29mg (17.32%), Fiber: 3.77g (15.07%), Vitamin A: 560.57IU (11.21%), Copper: 0.22mg (11.01%), Folate: 38.73µg (9.68%), Phosphorus: 85.02mg (8.5%), Potassium: 265.32mg (7.58%), Vitamin K: 7.07µg (6.74%), Magnesium: 26.58mg (6.64%), Calcium: 63.88mg (6.39%), Vitamin E: 0.92mg (6.15%), Vitamin B6: 0.12mg (5.89%), Vitamin B2: 0.09mg (5.16%), Iron: 0.83mg (4.59%), Vitamin B1: 0.06mg (4.23%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.29mg (2.88%), Vitamin B3: 0.55mg (2.76%), Selenium: 1.78µg (2.54%), Vitamin B12: 0.09µg (1.44%)