



Corky's Salad



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 bosc pear thinly sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 4 servings gorgonzola crumbled to taste
- ☐ 0.3 cup grapeseed oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 5 ounces mesclun salad mix

- ☐ 0.1 teaspoon salt
- ☐ 0.5 small shallots minced
- ☐ 1 tablespoon virgin olive oil
- ☐ 0.3 cup balsamic vinegar white

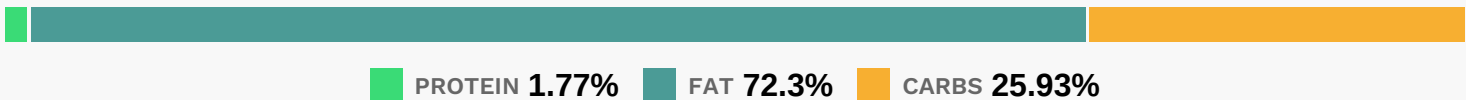
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a glass jar; cover, and shake until well blended.
- ☐ Toss greens with desired amount of dressing in a large bowl.
- ☐ Sprinkle with sliced pear, cranberries, and cheese.

Nutrition Facts



Properties

Glycemic Index:65.44, Glycemic Load:2.5, Inflammation Score:-4, Nutrition Score:4.2121738810092%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 214.6kcal (10.73%), Fat: 17.6g (27.08%), Saturated Fat: 2g (12.49%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 12.93g (4.7%), Sugar: 10.32g (11.47%), Cholesterol: 0.75mg (0.25%), Sodium: 112.17mg (4.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin E: 4.62mg (30.82%), Vitamin C: 9.47mg (11.48%), Vitamin A: 417.32IU (8.35%), Manganese: 0.13mg (6.64%), Fiber: 1.27g (5.08%), Folate: 16.2µg (4.05%), Vitamin K: 3.89µg (3.71%), Potassium: 126.04mg (3.6%), Iron: 0.51mg (2.86%), Phosphorus: 27.68mg (2.77%),

Vitamin B6: 0.05mg (2.56%), Copper: 0.05mg (2.54%), Magnesium: 9.48mg (2.37%), Calcium: 19.57mg (1.96%),
Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.26%), Selenium: 0.82µg (1.17%), Zinc:
0.17mg (1.11%), Vitamin B5: 0.1mg (1.01%)