



Cranberry-Pear Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 24 ounce lettuce
- 3 pears red ripe chopped
- 0.8 cup cranberries dried sweetened
- 8 ounce vinaigrette dressing
- 1 cup walnuts toasted

Equipment

Directions

Combine lettuce, walnuts, dried cranberries, and pears. Toss with an 8-ounce bottle of vinaigrette.

Nutrition Facts

PROTEIN 3.95% **FAT 65.89%** **CARBS 30.16%**

Properties

Glycemic Index:11.09, Glycemic Load:3.65, Inflammation Score:-5, Nutrition Score:9.4578260546145%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 307.89kcal (15.39%), Fat: 24.08g (37.04%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 20.12g (7.32%), Sugar: 17.52g (19.47%), Cholesterol: 0mg (0%), Sodium: 10.32mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin K: 52.7µg (50.19%), Manganese: 0.67mg (33.39%), Fiber: 4.67g (18.69%), Copper: 0.32mg (15.78%), Vitamin E: 1.88mg (12.54%), Folate: 43.67µg (10.92%), Vitamin A: 446.56IU (8.93%), Magnesium: 34.19mg (8.55%), Potassium: 269.68mg (7.71%), Phosphorus: 76.53mg (7.65%), Vitamin B6: 0.14mg (6.9%), Vitamin C: 5.46mg (6.62%), Vitamin B1: 0.09mg (6.28%), Iron: 0.94mg (5.22%), Zinc: 0.66mg (4.38%), Vitamin B2: 0.06mg (3.75%), Calcium: 36.67mg (3.67%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.39µg (1.99%)