



## Cranberry-Pear Tossed Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup all-natural apricot nectar
- 0.8 cup cheese blue crumbled
- 0.3 cup canola oil
- 2 teaspoons dijon mustard
- 0.5 cup cranberries dried
- 3 medium pears ripe sliced
- 0.1 teaspoon pepper
- 0.3 cup red wine vinegar

- 12 cups the salad mixed
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 0.5 cup walnut pieces chopped

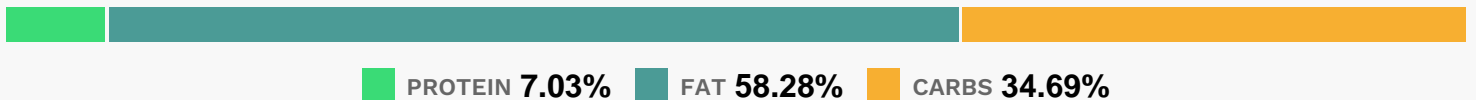
## Equipment

- bowl
- frying pan
- whisk

## Directions

- For dressing, in a large bowl, whisk together the first six ingredients; set aside. In a heavy small skillet, melt sugar over medium heat, stirring constantly.
- Add walnuts; stir to coat.
- Remove from the heat.
- In a large salad bowl, combine the greens, pears and cranberries.
- Drizzle with dressing.
- Sprinkle with nuts and blue cheese; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:18.15, Glycemic Load:3.5, Inflammation Score:-5, Nutrition Score:5.6982608695652%

## Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg  
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.6mg, Quercetin: 0.6mg,  
Quercetin: 0.6mg, Quercetin: 0.6mg

## **Nutrients (% of daily need)**

Calories: 177.42kcal (8.87%), Fat: 12.03g (18.51%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 16.11g (5.37%), Net  
Carbohydrates: 14.09g (5.12%), Sugar: 11.08g (12.31%), Cholesterol: 6.33mg (2.11%), Sodium: 166.95mg (7.26%),  
Protein: 3.27g (6.54%), Vitamin C: 13.37mg (16.21%), Manganese: 0.27mg (13.62%), Vitamin A: 623.34IU (12.47%),  
Vitamin E: 1.34mg (8.9%), Fiber: 2.02g (8.09%), Phosphorus: 72.68mg (7.27%), Copper: 0.14mg (7.18%), Vitamin K:  
7.24µg (6.9%), Folate: 25.86µg (6.47%), Calcium: 60.82mg (6.08%), Potassium: 174.83mg (5%), Magnesium:  
18.41mg (4.6%), Vitamin B6: 0.09mg (4.51%), Vitamin B2: 0.07mg (4.38%), Zinc: 0.52mg (3.46%), Iron: 0.57mg  
(3.19%), Vitamin B1: 0.04mg (2.86%), Selenium: 1.99µg (2.85%), Vitamin B5: 0.26mg (2.64%), Vitamin B3: 0.48mg  
(2.38%), Vitamin B12: 0.1µg (1.72%)