



Cranberry, Pecan, and Pear Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 bartlett pears cored sliced
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons less-sodium chicken broth fat-free
- ☐ 2 cups salad greens mixed
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pecans toasted chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 0.5 cup cranberries dried sweetened

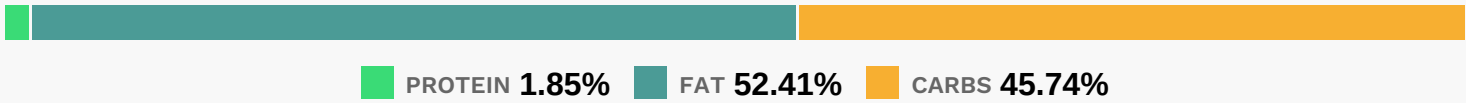
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place 1/3 cup cranberries in a small bowl; cover with warm water.
- ☐ Let stand 10 minutes or until cranberries plump; drain well.
- ☐ Place plump cranberries and next 6 ingredients in a food processor; process until smooth. With processor on, slowly add oil through food chute; process until blended.
- ☐ Divide salad greens evenly among 6 plates.
- ☐ Sprinkle 1/2 cup dried cranberries evenly over salads; top evenly with pear slices and pecans.
- ☐ Drizzle 1 1/2 tablespoons dressing over each salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:4.54, Inflammation Score:-2, Nutrition Score:4.5121739649254%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 225.75kcal (11.29%), Fat: 13.69g (21.06%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 23.53g (8.55%), Sugar: 20.76g (23.06%), Cholesterol: 0mg (0%), Sodium: 133.16mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Manganese: 0.38mg (18.94%), Fiber: 3.36g (13.44%), Vitamin E: 1.81mg (12.06%), Vitamin K: 9.24µg (8.8%), Vitamin C: 5.81mg (7.04%), Copper: 0.14mg (7.03%), Vitamin B1: 0.06mg (3.68%), Potassium: 128.32mg (3.67%), Magnesium: 14.51mg (3.63%), Vitamin A: 172.29IU (3.45%), Phosphorus: 32.88mg (3.29%), Iron: 0.55mg (3.05%), Zinc: 0.38mg (2.53%), Folate: 9.94µg (2.49%), Vitamin B6: 0.05mg (2.33%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.37mg (1.83%), Calcium: 16.06mg (1.61%), Vitamin B5: 0.14mg (1.39%), Selenium: 0.85µg (1.21%)