



## Creamy Balsamic-Pear Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.3 cup lite balsamic vinaigrette dressing kraft
- 0.5 cup milk italian\* three cheese blend shredded 2% kraft
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup onion red thin
- 2 red-skinned pears thinly sliced
- 6 cups torn salad greens mixed

## Equipment

bowl

whisk

## Directions

Add dressing gradually to mayo, stirring with fork or small whisk until blended.

Combine remaining ingredients in large bowl.

Add dressing mixture; mix lightly.

## Nutrition Facts

**PROTEIN 12.22%** **FAT 57.91%** **CARBS 29.87%**

## Properties

Glycemic Index:1.8, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.4278261039568%

## Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 79.18kcal (3.96%), Fat: 5.17g (7.96%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.46g (1.99%), Sugar: 0.71g (0.79%), Cholesterol: 4.92mg (1.64%), Sodium: 106.18mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin C: 6.42mg (7.78%), Potassium: 174.13mg (4.98%), Vitamin B6: 0.08mg (4.05%), Vitamin A: 187.3IU (3.75%), Manganese: 0.07mg (3.45%), Phosphorus: 33.32mg (3.33%), Vitamin B3: 0.65mg (3.27%), Vitamin B1: 0.05mg (3.05%), Folate: 11.78µg (2.95%), Copper: 0.05mg (2.51%), Magnesium: 9.1mg (2.28%), Fiber: 0.54g (2.17%), Selenium: 1.45µg (2.07%), Iron: 0.34mg (1.9%), Vitamin K: 1.84µg (1.75%), Calcium: 14mg (1.4%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.14mg (1.36%), Vitamin B2: 0.02mg (1.32%)