



Crunchy Vegetable Salad with Pears and Creamy Cheddar Dressing



Vegetarian



Gluten Free

READY IN



33 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 3 stalks celery thinly sliced
- ☐ 2 tablespoons chives chopped
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 5 tablespoons mayonnaise
- ☐ 2 large pears such as anjou or bartlett, cored and sliced
- ☐ 6 servings pepper black freshly ground

- ☐ 1 small head radicchio thinly chopped
- ☐ 1 head the of 1 cos lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sharp cheddar cheese finely grated

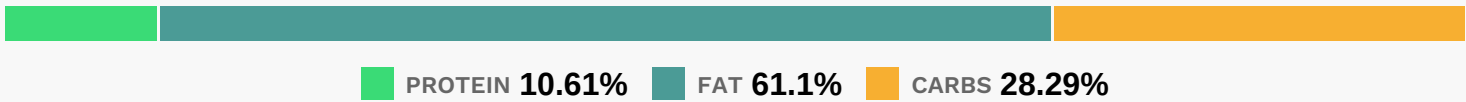
Equipment

- ☐ bowl

Directions

- ☐ Place the chopped lettuce and radicchio into a large bowl of ice water to crisp, and set aside for 15 minutes. The dressing can be prepared in the meantime (see below). After 15 minutes, drain the lettuce and radicchio and spin until dry.
- ☐ Add the sliced celery and pears, and gently toss. Divide the salad among six plates and spoon the dressing over the top.
- ☐ Sprinkle each serving with the chopped hazelnuts.
- ☐ Combine all of the ingredients in a pint jar and shake vigorously to combine. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:21.39608679647%

Flavonoids

Cyanidin: 33.77mg, Cyanidin: 33.77mg, Cyanidin: 33.77mg, Cyanidin: 33.77mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 9.76mg, Luteolin: 9.76mg, Luteolin: 9.76mg, Luteolin: 9.76mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin:

10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 267.97kcal (13.4%), Fat: 19.1g (29.39%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 14.09g (5.12%), Sugar: 11.02g (12.24%), Cholesterol: 22.33mg (7.44%), Sodium: 422.41mg (18.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin K: 202.61µg (192.96%), Vitamin A: 9447.18IU (188.94%), Folate: 183.11µg (45.78%), Manganese: 0.69mg (34.28%), Fiber: 5.81g (23.24%), Calcium: 198.46mg (19.85%), Copper: 0.34mg (16.86%), Phosphorus: 168.01mg (16.8%), Potassium: 577.51mg (16.5%), Vitamin E: 2.36mg (15.73%), Vitamin B2: 0.23mg (13.72%), Vitamin C: 11.09mg (13.44%), Magnesium: 43.82mg (10.95%), Vitamin B1: 0.16mg (10.38%), Iron: 1.73mg (9.61%), Vitamin B6: 0.19mg (9.46%), Selenium: 6.35µg (9.07%), Zinc: 1.32mg (8.79%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.3µg (5.03%), Vitamin B3: 0.74mg (3.7%), Vitamin D: 0.5µg (3.32%)