



Dinner Tonight: Pear, Parmesan, and Cashew Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Handful cashew pieces unsalted crushed
- 4 servings cheese shaved
- 5 ounces arugula
- 1 juice of lemon
- 2 pears sliced

Equipment

- bowl

Directions

- In a large salad bowl, add the greens.
- Pour a gentle stream of olive oil 3–4 times around the bowl, just enough to coat the sides well. Do the same with the lemon juice.
- Add a good pinch of salt for each person.
- Add the pear slices, then toss the greens gently until evenly coated with the oil and the acid. Taste and adjust the oil/acid/salt ratio. Top with the cashews and shaved cheese. Finish with fresh black pepper.

Nutrition Facts



PROTEIN 16.26% **FAT 52.74%** **CARBS 31%**

Properties

Glycemic Index:30.24, Glycemic Load:4.9, Inflammation Score:-8, Nutrition Score:12.10999998839%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 225.11kcal (11.26%), Fat: 13.87g (21.33%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 14.74g (5.36%), Sugar: 10.14g (11.26%), Cholesterol: 30mg (10%), Sodium: 207.63mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.23%), Vitamin K: 45.82µg (43.64%), Calcium: 280.03mg (28%), Vitamin A: 1164.22IU (23.28%), Phosphorus: 211.58mg (21.16%), Vitamin C: 12.08mg (14.65%), Selenium: 10.19µg (14.55%), Fiber: 3.6g (14.38%), Manganese: 0.28mg (14.22%), Copper: 0.28mg (13.78%), Magnesium: 53.34mg (13.33%), Folate: 50.28µg (12.57%), Zinc: 1.79mg (11.96%), Vitamin B2: 0.19mg (11.26%), Potassium: 314.33mg (8.98%), Iron: 1.23mg (6.85%), Vitamin B6: 0.11mg (5.36%), Vitamin B12: 0.32µg (5.3%),

Vitamin B1: 0.07mg (4.57%), Vitamin B5: 0.4mg (3.97%), Vitamin E: 0.56mg (3.75%), Vitamin B3: 0.35mg (1.77%),
Vitamin D: 0.18µg (1.2%)