



 **67%**
HEALTH SCORE

Fall Salad with Cranberry Vinaigrette

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 anjou pears red
- 2 medium heads belgian endive dried washed chopped
- 1 pinch pepper black freshly ground
- 0.5 cup cider vinegar
- 0.3 cup cranberries
- 0.5 cup gorgonzola cheese crumbled
- 0.1 teaspoon kosher salt
- 0.3 cup olive oil

- 2 heads romaine lettuce – dried rinsed
- 0.5 cup walnuts toasted chopped
- 2 teaspoons sugar white

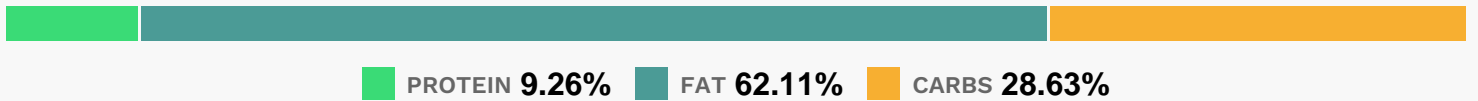
Equipment

- bowl
- sauce pan
- blender

Directions

- In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften.
- Remove from heat; add olive oil, sugar, salt and pepper.
- Place in blender and mix until smooth. Refrigerate until chilled.
- Core and julienne one pear, core and dice the other.
- In a large bowl, combine the Romaine lettuce, endive, diced pears, walnuts and Gorgonzola. Toss and drizzle with enough dressing to coat.
- Divide among salad plates and garnish with julienned pear. Top with any additional walnuts as well.

Nutrition Facts



Properties

Glycemic Index:33.86, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:19.062173925664%

Flavonoids

Cyanidin: 2.57mg, Cyanidin: 2.57mg, Cyanidin: 2.57mg, Cyanidin: 2.57mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg

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Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 14.08g (21.67%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 9.33g (3.39%), Sugar: 7.62g (8.47%), Cholesterol: 5.3mg (1.77%), Sodium: 131.63mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Vitamin A: 13699.64IU (273.99%), Vitamin K: 166.98µg (159.03%), Folate: 225.79µg (56.45%), Manganese: 0.56mg (28.23%), Fiber: 5.28g (21.12%), Potassium: 502.7mg (14.36%), Copper: 0.23mg (11.7%), Phosphorus: 106.55mg (10.65%), Iron: 1.91mg (10.61%), Vitamin C: 8.71mg (10.56%), Calcium: 101.6mg (10.16%), Magnesium: 39.18mg (9.8%), Vitamin B1: 0.15mg (9.7%), Vitamin B2: 0.16mg (9.13%), Vitamin B6: 0.18mg (9.08%), Vitamin E: 1.34mg (8.93%), Zinc: 0.83mg (5.52%), Vitamin B5: 0.42mg (4.18%), Vitamin B3: 0.72mg (3.6%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.09µg (1.44%)