



## Favorite-Flavors Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 avocado cut into 1/2-inch dice
- ☐ 0.5 pound baking potato peeled cut into 3/4-inch pieces
- ☐ 0.5 cup mild oil such as canola
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 cup cocktail onions drained
- ☐ 1 pears cored peeled sliced
- ☐ 1.3 pounds romaine lettuce
- ☐ 0.5 pound roquefort blue crumbled

- ☐ 0.8 teaspoon salt
- ☐ 1 cup walnut pieces
- ☐ 1 quart watercress chopped ( 10 ounces in all)
- ☐ 0.3 cup red-wine vinegar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

## Directions

- ☐ In a small frying pan, toast the nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes.
- ☐ Put the potato in a medium pot of salted water. Bring to a boil and simmer until tender, about 10 minutes.
- ☐ Drain and set aside.
- ☐ Meanwhile, in a large glass or stainless-steel bowl, combine one third of the blue cheese with the vinegar, salt, and pepper.
- ☐ Mix thoroughly and then gradually whisk in the oil. Reserve 2 tablespoons of the dressing.
- ☐ Add the romaine to the rest of the dressing and toss.
- ☐ Transfer to a platter or salad bowl.
- ☐ Toss the watercress with the reserved dressing. Arrange the remaining blue cheese, the watercress, walnuts, potato, onions, avocado, and pear slices on top of the lettuce.
- ☐ Wine Recommendation: There's only one grape we can think of that can handle blue cheese, walnuts, avocado, and vinegar. Riesling it is, and an off-dry kabinett from Germany's Mosel is the one you want.

## Nutrition Facts



Properties

Glycemic Index:74.88, Glycemic Load:12.61, Inflammation Score:-10, Nutrition Score:47.49565205885%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 54.77mg, Kaempferol: 54.77mg, Kaempferol: 54.77mg, Kaempferol: 54.77mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 82.57mg, Quercetin: 82.57mg, Quercetin: 82.57mg, Quercetin: 82.57mg

Nutrients (% of daily need)

Calories: 660.78kcal (33.04%), Fat: 49.14g (75.61%), Saturated Fat: 14.04g (87.75%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 25.89g (9.41%), Sugar: 9.93g (11.03%), Cholesterol: 42.52mg (14.17%), Sodium: 1206.61mg (52.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.2%), Vitamin K: 756.8µg (720.76%), Vitamin A: 20420.75IU (408.42%), Vitamin C: 120.99mg (146.65%), Manganese: 2.06mg (102.9%), Folate: 322.52µg (80.63%), Calcium: 687.04mg (68.7%), Phosphorus: 580.75mg (58.08%), Potassium: 2002.74mg (57.22%), Vitamin B6: 1.05mg (52.37%), Fiber: 12.31g (49.26%), Copper: 0.95mg (47.37%), Vitamin B2: 0.75mg (43.88%), Magnesium: 164.33mg (41.08%), Vitamin B1: 0.54mg (35.68%), Vitamin E: 4.99mg (33.23%), Vitamin B5: 3.02mg (30.23%), Zinc: 3.6mg (24.03%), Iron: 3.89mg (21.59%), Selenium: 13.03µg (18.61%), Vitamin B3: 3.4mg (17.02%), Vitamin B12: 0.69µg (11.53%), Vitamin D: 0.28µg (1.89%)