



Field Salad with Pears and Blue Cheese



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 pears red thinly sliced



5 oz salad greens



3 tablespoons raspberry vinaigrette salad dressing



2 tablespoons walnuts finely chopped

Equipment

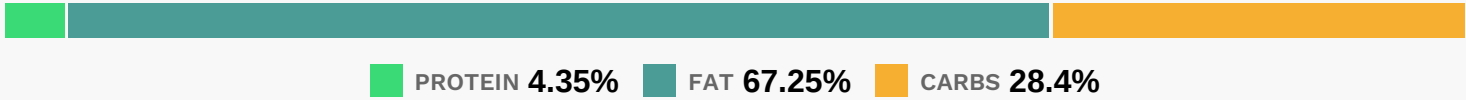


bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add dressing and toss gently. Spoon onto plates and sprinkle evenly with walnuts.
- ☐ Variation: For a fun Halloween embellishment, add "Dracula's Teeth" to this salad by garnishing plated salads with a sprinkling of pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:2.73, Inflammation Score:-5, Nutrition Score:5.6443478231845%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 156.82kcal (7.84%), Fat: 12.48g (19.2%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 9.57g (3.48%), Sugar: 6.36g (7.07%), Cholesterol: 0mg (0%), Sodium: 13.17mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 18.6µg (17.71%), Vitamin C: 13.6mg (16.48%), Manganese: 0.33mg (16.28%), Vitamin A: 552.92IU (11.06%), Fiber: 2.29g (9.14%), Copper: 0.18mg (8.91%), Folate: 28.17µg (7.04%), Vitamin E: 0.86mg (5.7%), Potassium: 180.78mg (5.17%), Magnesium: 19.88mg (4.97%), Phosphorus: 48.61mg (4.86%), Vitamin B6: 0.09mg (4.54%), Iron: 0.6mg (3.32%), Vitamin B1: 0.04mg (2.94%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.36mg (2.43%), Vitamin B3: 0.43mg (2.15%), Calcium: 18.02mg (1.8%), Vitamin B5: 0.12mg (1.24%), Selenium: 0.83µg (1.19%)