



Field Salad with Pears and Blue Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 ounce cheese blue crumbled
- ☐ 1 pears red thinly sliced
- ☐ 3 tablespoons raspberry vinaigrette fat-free (such as Maple Grove Farms)
- ☐ 5 ounce gourmet salad greens (6 cups)
- ☐ 2 tablespoons walnuts finely chopped

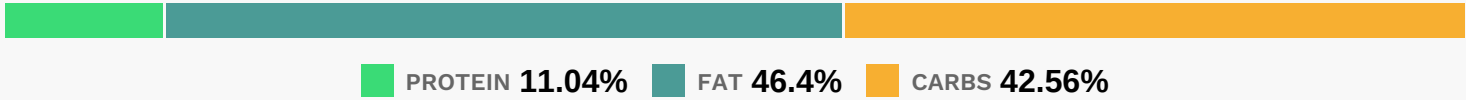
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add dressing, and toss gently. Spoon onto plates, and sprinkle evenly with walnuts.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:4.3526086774857%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg 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: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 98.85kcal (4.94%), Fat: 5.38g (8.28%), Saturated Fat: 1.65g (10.28%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 9.39g (3.42%), Sugar: 6.86g (7.62%), Cholesterol: 5.32mg (1.77%), Sodium: 188.75mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 10.2mg (12.36%), Manganese: 0.24mg (12.24%), Vitamin A: 468.77IU (9.38%), Fiber: 1.71g (6.86%), Copper: 0.14mg (6.83%), Phosphorus: 63.89mg (6.39%), Folate: 23.68µg (5.92%), Calcium: 50.93mg (5.09%), Potassium: 152.77mg (4.36%), Magnesium: 16.54mg (4.14%), Vitamin B6: 0.08mg (3.99%), Vitamin B2: 0.06mg (3.76%), Zinc: 0.46mg (3.08%), Iron: 0.47mg (2.62%), Vitamin B1: 0.04mg (2.34%), Vitamin K: 2.26µg (2.16%), Vitamin B5: 0.22mg (2.15%), Selenium: 1.46µg (2.08%), Vitamin B3: 0.39mg (1.97%), Vitamin B12: 0.09µg (1.44%)