



Pear and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups the of 1 cos lettuce
- 0.5 pears red thinly sliced
- 2 tablespoons cheese blue crumbled
- 2 tablespoons walnut pieces toasted coarsely chopped
- 2 tablespoons vegetable oil
- 1.5 teaspoons apple cider vinegar
- 0.3 teaspoon dijon mustard
- 0.1 teaspoon salt

- 0.1 teaspoon pepper
- 1 clove garlic finely chopped

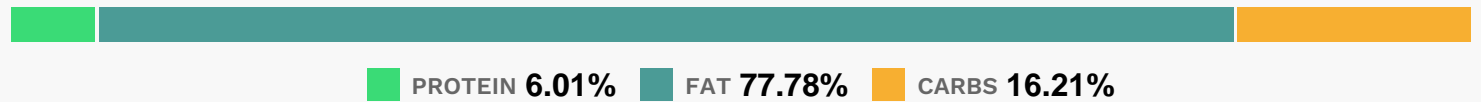
Equipment

- bowl

Directions

- In medium bowl, mix all salad ingredients.
- In tightly covered container, shake all vinaigrette ingredients until well blended.
- Add to salad; toss to mix.

Nutrition Facts



Properties

Glycemic Index:108.88, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:13.193043609676%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 247.41kcal (12.37%), Fat: 22.36g (34.41%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 7.36g (2.68%), Sugar: 5.23g (5.82%), Cholesterol: 5.25mg (1.75%), Sodium: 237.59mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Vitamin A: 4161.5IU (83.23%), Vitamin K: 75.82µg (72.21%), Manganese: 0.49mg (24.48%), Folate: 79.46µg (19.87%), Fiber: 3.13g (12.51%), Copper: 0.23mg (11.39%), Vitamin E: 1.32mg (8.79%), Phosphorus: 84.6mg (8.46%), Magnesium: 28.18mg (7.05%), Calcium: 70.29mg (7.03%), Potassium: 241.11mg (6.89%), Vitamin B6: 0.13mg (6.62%), Vitamin C: 4.39mg (5.33%), Vitamin B1: 0.08mg (5.31%),

Vitamin B2: 0.09mg (5.12%), Iron: 0.91mg (5.04%), Zinc: 0.67mg (4.48%), Selenium: 2.17µg (3.1%), Vitamin B5: 0.28mg (2.79%), Vitamin B3: 0.42mg (2.09%), Vitamin B12: 0.09µg (1.42%)