



Fresh Pear-and-Green Bean Salad with Sorghum Vinaigrette



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

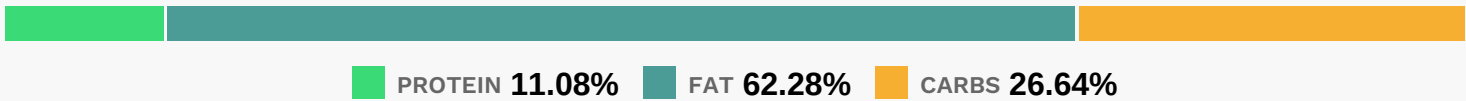
- ☐ 2 purée of usa bartlett pear red cut into thin strips
- ☐ 4 ounces gorgonzola crumbled
- ☐ 8 ounces haricots verts trimmed (tiny green beans)
- ☐ 1 cup pecans sweet
- ☐ 0.5 small onion red sliced
- ☐ 5 oz the salad mixed
- ☐ 8 servings sorghum syrup

Equipment

Directions

- ☐
- Cook beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain. Toss together salad greens, next 4 ingredients, and beans.
- ☐
- Serve with Sorghum Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:3.01, Inflammation Score:-5, Nutrition Score:8.294782626888%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 181.35kcal (9.07%), Fat: 13.16g (20.25%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.09g (6.77%), Cholesterol: 10.63mg (3.54%), Sodium: 170.1mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Manganese: 0.67mg (33.54%), Fiber: 3.51g (14.05%), Vitamin K: 14.68µg (13.98%), Vitamin C: 10.17mg (12.33%), Phosphorus: 116.58mg (11.66%), Copper: 0.22mg (11%), Vitamin A: 524.57IU (10.49%), Calcium: 102.16mg (10.22%), Vitamin B1: 0.13mg (8.35%), Magnesium: 30.63mg (7.66%), Zinc: 1.09mg (7.27%), Vitamin B2: 0.12mg (7.26%), Folate: 27.71µg (6.93%), Potassium: 235.8mg (6.74%), Vitamin B6: 0.12mg (6.17%), Iron: 0.9mg (5.02%), Vitamin B5: 0.46mg (4.64%), Selenium: 2.85µg (4.06%), Vitamin B3: 0.71mg (3.53%), Vitamin B12: 0.17µg (2.88%), Vitamin E: 0.38mg (2.53%)