



WHATSheATE



Fresh Pear Salad with Asian Sesame Dressing



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 servings asian sesame dressing



3 bartlett pears red sliced



1 cup carrots shredded



1 green onion chopped



2 cups cabbage shredded red



2 cups romaine lettuce shredded

Equipment

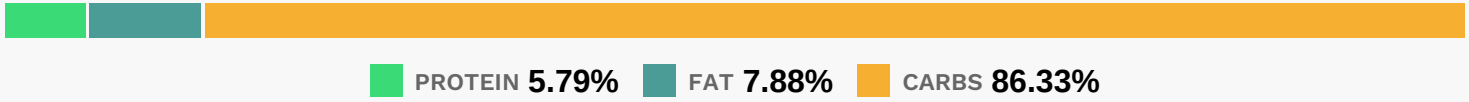


bowl

Directions

- ☐
- Toss together first 5 ingredients in a large bowl, and drizzle with Asian Sesame Dressing, tossing gently to coat.
- ☐
- Sprinkle with sesame seeds, if desired.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:10.829999983311%

Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 81.75kcal (4.09%), Fat: 0.74g (1.14%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 13.97g (5.08%), Sugar: 11.09g (12.32%), Cholesterol: 0mg (0%), Sodium: 35.19mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin A: 5304.81IU (106.1%), Vitamin K: 38.29µg (36.47%), Vitamin C: 23.09mg (27.98%), Fiber: 4.37g (17.48%), Folate: 37.32µg (9.33%), Manganese: 0.16mg (8.15%), Potassium: 276.03mg (7.89%), Vitamin B6: 0.13mg (6.37%), Copper: 0.09mg (4.66%), Vitamin B2: 0.07mg (4%), Magnesium: 15.24mg (3.81%), Vitamin B1: 0.06mg (3.74%), Iron: 0.66mg (3.66%), Calcium: 35.2mg (3.52%), Phosphorus: 31.97mg (3.2%), Vitamin B3: 0.54mg (2.7%), Vitamin E: 0.36mg (2.41%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.23mg (1.55%)