



Fresh Pear Salad With Raspberry-Wine Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cooking wine dry white
- 3 tablespoons honey
- 2 pears red thinly sliced
- 5 cups gourmet salad greens
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 0.3 cup raspberry wine vinegar

Equipment

bowl

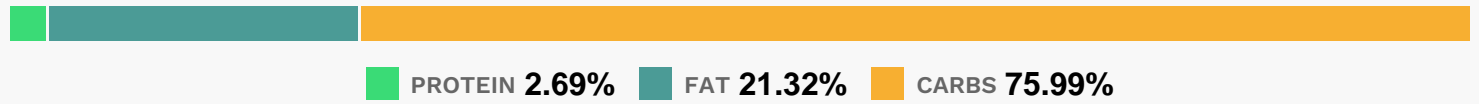
whisk

Directions

Combine first 5 ingredients in a small bowl; stir well with a whisk. Set aside.

Arrange 1 cup greens on each of 5 individual salad plates; top evenly with sliced pear. Spoon 2 tablespoons dressing over each salad; serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:3.7082608316256%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 121.44kcal (6.07%), Fat: 2.85g (4.38%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 20.6g (7.49%), Sugar: 17.4g (19.34%), Cholesterol: 0mg (0%), Sodium: 129.45mg (5.63%), Alcohol: 1.24g (100%), Alcohol %: 1.04% (100%), Protein: 0.81g (1.61%), Vitamin C: 12.46mg (15.11%), Vitamin A: 472.2IU (9.44%), Fiber: 2.23g (8.93%), Vitamin K: 8.18µg (7.79%), Manganese: 0.12mg (6.14%), Folate: 20.16µg (5.04%), Potassium: 171.15mg (4.89%), Copper: 0.08mg (4.23%), Vitamin B6: 0.06mg (3.08%), Iron: 0.52mg (2.89%), Magnesium: 11.32mg (2.83%), Phosphorus: 27.76mg (2.78%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.31mg (2.05%), Vitamin B3: 0.36mg (1.81%), Calcium: 14.23mg (1.42%), Vitamin B1: 0.02mg (1.41%), Zinc: 0.2mg (1.34%)