



Global House Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 anjou pear
- ☐ 2 tablespoon balsamic vinegar
- ☐ 1 pinch pepper black freshly ground
- ☐ 0.3 cup cheese blue
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon honey
- ☐ 4 cups baby lettuce mixed
- ☐ 0.3 cup olive oil

- ☐ 0.1 teaspoon sriracha sauce (Thai hot sauce)
- ☐ 0.5 cup walnuts
- ☐ 0.3 teaspoon worcestershire sauce

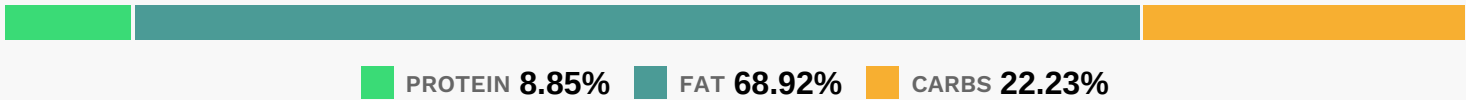
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix walnuts and honey in a shallow baking dish.
- ☐ Bake until golden, about 10 minutes.
- ☐ Remove; set aside.
- ☐ Cut pear into thin slices.
- ☐ Combine nuts, pear, lettuce and cheese in a bowl.
- ☐ Whisk dressing ingredients in another bowl. Divide salad between 2 serving bowls; drizzle each with 2 tablespoon of the dressing.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:124.01, Glycemic Load:7.42, Inflammation Score:-10, Nutrition Score:36.103912905506%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 20.44mg, Quercetin: 20.44mg, Quercetin: 20.44mg, Quercetin: 20.44mg

Nutrients (% of daily need)

Calories: 637.82kcal (31.89%), Fat: 51.75g (79.62%), Saturated Fat: 8.79g (54.94%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 26.64g (9.69%), Sugar: 18.57g (20.63%), Cholesterol: 12.66mg (4.22%), Sodium: 348.88mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.91%), Vitamin A: 35196.88IU (703.94%), Vitamin K: 617.67µg (588.26%), Manganese: 2.27mg (113.43%), Vitamin C: 48.28mg (58.52%), Folate: 220.95µg (55.24%), Fiber: 10.91g (43.62%), Vitamin E: 5.28mg (35.23%), Potassium: 1223.44mg (34.96%), Copper: 0.69mg (34.6%), Vitamin B6: 0.65mg (32.37%), Phosphorus: 319.3mg (31.93%), Iron: 5.47mg (30.4%), Calcium: 303.32mg (30.33%), Vitamin B2: 0.51mg (30.2%), Magnesium: 120.21mg (30.05%), Vitamin B1: 0.45mg (29.91%), Zinc: 2.32mg (15.5%), Vitamin B3: 2.43mg (12.17%), Vitamin B5: 1.14mg (11.44%), Selenium: 6.95µg (9.93%), Vitamin B12: 0.21µg (3.43%)