



Greens with Ham and Pears

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon apple pie spice
- ☐ 4 cups torn bibb lettuce
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup torn curly endive
- ☐ 6 ounce turkey ham lean cut into thin strips
- ☐ 0.8 pound pears cored ripe thinly sliced
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 1 Dash salt

- ☐ 2 tablespoons sherry vinegar
- ☐ 4 servings swiss cheese toast
- ☐ 3 tablespoons walnuts toasted finely chopped
- ☐ 1 cup watercress fresh loosely packed

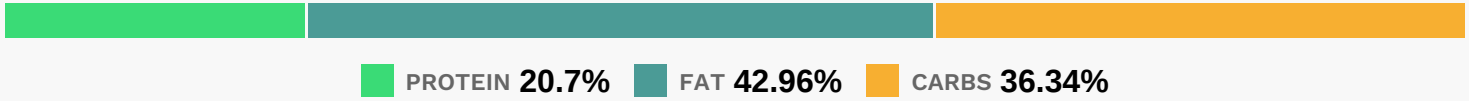
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring well. Cover and chill 1 hour.
- ☐ Arrange lettuce, endive, and watercress evenly on 4 plates. Arrange turkey ham and pear slices over greens.
- ☐ Drizzle 3 tablespoons yogurt mixture over each, and sprinkle with walnuts.
- ☐ Serve with Swiss Cheese Toast.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:3.91, Inflammation Score:-9, Nutrition Score:18.708260847175%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 256.9kcal (12.85%), Fat: 12.68g (19.5%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 19.88g (7.23%), Sugar: 17.24g (19.16%), Cholesterol: 27.91mg (9.3%), Sodium: 554.84mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.49%), Vitamin K: 113.66µg (108.24%), Vitamin A: 2675.39IU (53.51%), Manganese: 0.5mg (24.77%), Vitamin B1: 0.35mg (23.33%), Phosphorus: 209.44mg (20.94%), Folate: 69.45µg (17.36%), Selenium: 12.01µg (17.15%), Fiber: 4.25g (17%), Vitamin B6: 0.31mg (15.58%), Potassium: 543.44mg (15.53%), Vitamin C: 12.6mg (15.28%), Vitamin B2: 0.26mg (15.05%), Copper: 0.28mg (14.25%), Calcium: 134.31mg (13.43%), Vitamin B3: 2.42mg (12.12%), Zinc: 1.81mg (12.09%), Magnesium: 45.08mg (11.27%), Iron: 1.62mg (9%), Vitamin B12: 0.49µg (8.15%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 0.77mg (5.16%), Vitamin D: 0.3µg (1.98%)