Grilled Pear Salad

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
25 min.	8	358 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

- [ ] 3 bartlett pears firm ripe cut into 1/2-inch-thick wedges
- [ ] 0.3 cup canola oil
- [ ] 2 tablespoons basil fresh chopped
- [ ] 1 garlic clove pressed
- [ ] 4 ounces goat cheese crumbled
- [ ] 0.5 teaspoon seasoned pepper
- [ ] 2 cups raspberries fresh
- [ ] 10 oz raspberry preserves seedless

- [ ] 0.5 small onion red thinly sliced
- [ ] 0.3 cup red wine vinegar
- [ ] 0.8 cup honey-roasted cashews
- [ ] 5 oz gourmet salad greens mixed
- [ ] 0.5 teaspoon salt

Equipment

- [ ] bowl
- [ ] whisk
- [ ] grill

Directions

- [ ] Preheat grill to 350 to 400 (medium-high) heat. Grill pear wedges, covered with grill lid, 1 to 2 minutes on each side or until golden.
- [ ] Whisk together red wine vinegar and next 5 ingredients in a small bowl; add canola oil in a slow, steady stream, whisking constantly until smooth.
- [ ] Combine salad greens, next 4 ingredients, and pears in a large bowl.
- [ ] Drizzle with desired amount of vinaigrette, and toss to combine.
- [ ] Serve immediately with remaining vinaigrette.

Nutrition Facts

PROTEIN **6.24%** FAT **45.94%** CARBS **47.82%**

Properties

Glycemic Index:35.13, Glycemic Load:17.09, Inflammation Score:-5, Nutrition Score:9.8665217860885%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg

Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 357.81kcal (17.89%), Fat: 18.64g (28.67%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 38.7g (14.07%), Sugar: 26.05g (28.94%), Cholesterol: 6.52mg (2.17%), Sodium: 217.46mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Copper: 0.52mg (26.03%), Vitamin C: 18.78mg (22.76%), Manganese: 0.43mg (21.34%), Fiber: 4.96g (19.83%), Vitamin K: 18.56µg (17.67%), Vitamin E: 2.17mg (14.45%), Phosphorus: 132.55mg (13.25%), Magnesium: 51.25mg (12.81%), Iron: 1.74mg (9.68%), Vitamin B2: 0.15mg (8.65%), Folate: 33µg (8.25%), Vitamin A: 403.53IU (8.07%), Potassium: 264.35mg (7.55%), Zinc: 1.11mg (7.41%), Vitamin B6: 0.14mg (6.87%), Calcium: 52.76mg (5.28%), Vitamin B1: 0.07mg (4.56%), Vitamin B5: 0.42mg (4.21%), Selenium: 2.9µg (4.15%), Vitamin B3: 0.66mg (3.28%)