



## Harvest Crunch Salad

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 large anjou pears cut into bite-size pieces
- 0.5 cup caramel ice-cream topping fat-free
- 8 ounce cream cheese softened
- 0.5 cup cranberries dried
- 2 cups cereal low-fat
- 0.5 teaspoon ground cinnamon
- 2 tablespoons juice of lemon
- 6 ounce vanilla yogurt

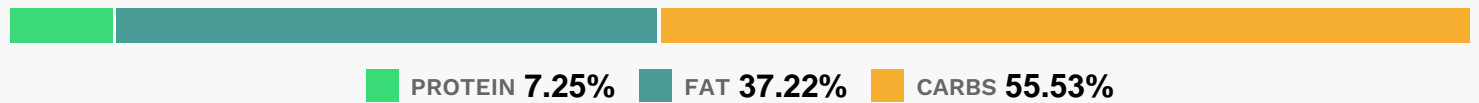
## Equipment

- bowl
- hand mixer

## Directions

- Place pears and cranberries in a large bowl; sprinkle with lemon juice, and gently toss.
- Beat cream cheese in a large bowl at medium speed with an electric mixer until fluffy.
- Add yogurt and cinnamon, beating at low speed until blended. Fold half of cream cheese mixture into pear mixture.
- Layer half each of pear mixture and granola in a large serving bowl.
- Spread remaining half of cream cheese mixture on top; drizzle with half of caramel. Repeat layers, omitting cream cheese layer.
- Serve immediately, or chill 2 hours, if desired.

## Nutrition Facts



## Properties

Glycemic Index:8.59, Glycemic Load:4.26, Inflammation Score:-5, Nutrition Score:9.6521739026775%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 363.87kcal (18.19%), Fat: 15.73g (24.2%), Saturated Fat: 6.6g (41.27%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 48.05g (17.47%), Sugar: 32.29g (35.87%), Cholesterol: 29.7mg (9.9%), Sodium: 162.57mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Manganese: 0.91mg (45.61%), Fiber: 4.74g (18.96%), Phosphorus: 165.55mg (16.56%), Selenium: 9.08µg (12.97%), Vitamin E: 1.7mg (11.34%), Vitamin B2: 0.19mg (11.06%), Calcium: 106.93mg (10.69%), Magnesium: 41.06mg (10.26%), Potassium: 319.81mg (9.14%), Iron: 1.57mg (8.73%), Copper: 0.17mg (8.64%), Vitamin A: 424.75IU (8.49%), Vitamin B1: 0.12mg (8.15%), Zinc: 1.03mg (6.84%), Vitamin C: 5.45mg (6.61%), Vitamin K: 6.37µg (6.07%), Folate: 22.34µg (5.58%), Vitamin B5: 0.54mg (5.39%), Vitamin B6: 0.09mg (4.59%), Vitamin B12: 0.22µg (3.7%), Vitamin B3: 0.52mg (2.62%)