



Harvest Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula
- ☐ 1 but bosc pear firm cored ripe cut into chunks
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cranberries dried
- ☐ 2 cloves garlic minced
- ☐ 1 apples i use 2 granny smith apples cored cut into chunks
- ☐ 0.5 cup olive oil
- ☐ 1 cup pecans

- ☐ 0.3 teaspoon pepper
- ☐ 6 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons citrus champagne vinegar

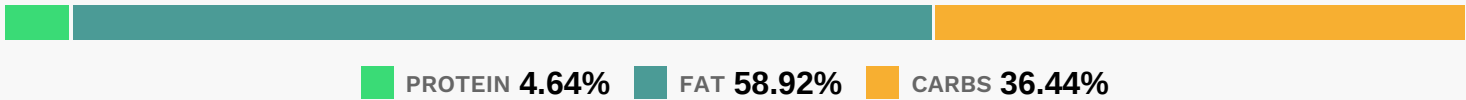
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Toast pecans in a large, dry skillet over medium heat, shaking pan occasionally, until golden and fragrant, about 5 minutes.
- ☐ Transfer to a bowl and let cool.
- ☐ Whisk together shallot, garlic, mustard, sugar, salt, pepper and vinegar.
- ☐ Drizzle in oil, then whisk until well combined.
- ☐ In a large salad bowl, toss together lettuce, arugula, pear, apple and cranberries.
- ☐ Pour in dressing; toss to combine. Top with toasted pecans and serve.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:2.615217399338%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg

Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 41.72kcal (2.09%), Fat: 2.94g (4.53%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 39.39mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin A: 735.19IU (14.7%), Vitamin K: 10.5µg (10%), Manganese: 0.18mg (8.85%), Fiber: 0.94g (3.76%), Folate: 13.88µg (3.47%), Copper: 0.05mg (2.57%), Vitamin B1: 0.03mg (2.05%), Magnesium: 6.78mg (1.7%), Potassium: 56.71mg (1.62%), Phosphorus: 14.79mg (1.48%), Vitamin C: 1.18mg (1.44%), Vitamin E: 0.2mg (1.35%), Iron: 0.23mg (1.3%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.19mg (1.24%)