



Honey Mustard-Pear Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

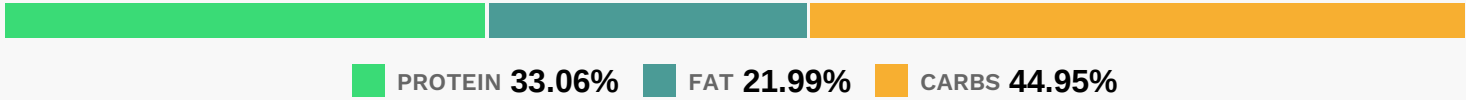
- ☐ 0.5 cup dates chopped
- ☐ 0.5 cup honey mustard dressing kraft
- ☐ 1 pears fresh sliced
- ☐ 10 oz torn salad greens mixed
- ☐ 1 lb chicken breasts boneless skinless cooked sliced
- ☐ 0.3 cup planters walnuts toasted chopped

Equipment

Directions

- ☐ Toss greens with all remaining ingredients except dressing.
- ☐ Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:3.4773913712605%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 65.57kcal (3.28%), Fat: 1.58g (2.43%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.59g (2.4%), Sugar: 4.48g (4.98%), Cholesterol: 14.52mg (4.84%), Sodium: 61.31mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin B3: 2.52mg (12.6%), Selenium: 7.51µg (10.72%), Vitamin B6: 0.2mg (9.89%), Phosphorus: 61.56mg (6.16%), Vitamin C: 3.98mg (4.82%), Manganese: 0.09mg (4.4%), Potassium: 149.18mg (4.26%), Vitamin B5: 0.37mg (3.75%), Vitamin A: 170.71IU (3.41%), Magnesium: 11.97mg (2.99%), Fiber: 0.67g (2.67%), Copper: 0.05mg (2.57%), Folate: 8.91µg (2.23%), Vitamin B2: 0.04mg (2.16%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.23mg (1.51%), Iron: 0.27mg (1.5%)