



Juicy Pear and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup natural cheese crumbles blue kraft
- 0.5 cup candied pecans
- 0.3 cup cherries dried
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 large pears thinly sliced
- 5 cups torn salad greens mixed

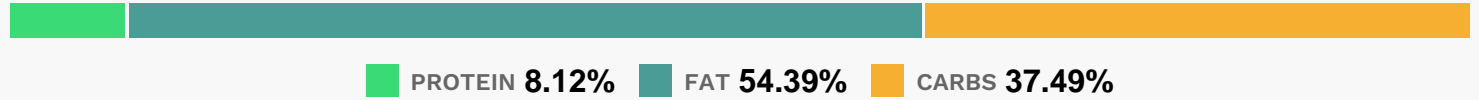
Equipment

- bowl

Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:4.609130444734%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 179.98kcal (9%), Fat: 11.1g (17.08%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.22g (5.53%), Sugar: 11.86g (13.17%), Cholesterol: 8.44mg (2.81%), Sodium: 370.38mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin A: 660.43IU (13.21%), Vitamin K: 12.92µg (12.31%), Vitamin C: 9.46mg (11.47%), Calcium: 80.81mg (8.08%), Fiber: 2g (7.99%), Phosphorus: 64.07mg (6.41%), Folate: 19.07µg (4.77%), Potassium: 147.05mg (4.2%), Vitamin B2: 0.07mg (4.09%), Manganese: 0.07mg (3.72%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.5mg (3.35%), Selenium: 2.19µg (3.14%), Iron: 0.56mg (3.13%), Copper: 0.06mg (2.82%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.25mg (2.53%), Magnesium: 9.92mg (2.48%), Vitamin B12: 0.14µg (2.29%), Vitamin B3: 0.39mg (1.93%), Vitamin B1: 0.02mg (1.45%)