



Leafy Green Salad with Pears



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 anjou pears sliced
- ☐ 8 cups torn butter lettuce
- ☐ 1 tablespoon honey
- ☐ 0.5 cup bottled olive oil-and-vinegar dressing
- ☐ 3.5 oz roasted glazed pecan pieces

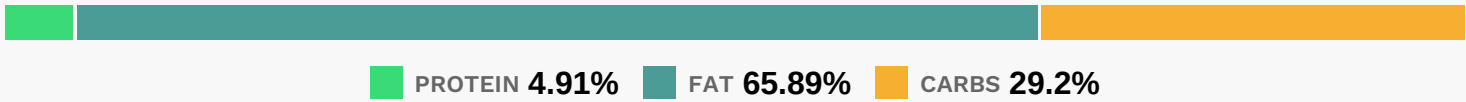
Equipment

- ☐ bowl

Directions

- ☐ Stir honey into olive oil-and-vinegar dressing.
- ☐ Place torn butter lettuce and sliced pears in a bowl.
- ☐ Drizzle with dressing, and sprinkle with roasted glazed pecan pieces.
- ☐ Note: We tested with Naturally Fresh Salad Toppings Roasted & Glazed Pecan Pieces.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:4.6539130781008%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 74.71kcal (3.74%), Fat: 5.9g (9.08%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 27.58µg (26.27%), Manganese: 0.34mg (16.78%), Vitamin A: 837.04IU (16.74%), Fiber: 1.56g (6.25%), Folate: 21.2µg (5.3%), Copper: 0.1mg (4.86%), Vitamin B1: 0.06mg (3.86%), Potassium: 111.43mg (3.18%), Magnesium: 12.34mg (3.08%), Iron: 0.52mg (2.89%), Phosphorus: 28.15mg (2.82%), Zinc: 0.36mg (2.37%), Vitamin C: 1.96mg (2.37%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.04mg (2.01%), Vitamin B2: 0.03mg (1.76%), Calcium: 15.19mg (1.52%), Vitamin B5: 0.1mg (1.03%)