



## Mixed Greens & Pear Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 tsp cinnamon sugar
- 0.3 cup cranberries dried
- 0.3 cup lite house dressing italian kraft
- 1 large pears thinly sliced
- 0.3 cup planters pecan halves
- 5 oz torn salad greens mixed
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

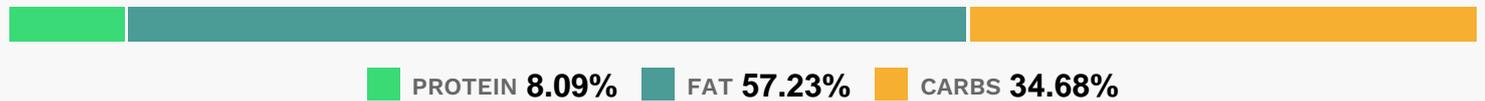
## Equipment

- bowl
- microwave

## Directions

- Combine nuts and cinnamon sugar in microwaveable pie plate sprayed with cooking spray; spread evenly onto bottom of pie plate. Microwave on HIGH 1 to 1-1/2 min. or until nuts are toasted, stirring every 30 sec.
- Toss greens with pears, cheese and cranberries in large bowl.
- Add nuts and dressing; mix lightly.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:2.9591304083233%

## Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 90.17kcal (4.51%), Fat: 6.03g (9.27%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.02g (2.55%), Sugar: 5.65g (6.28%), Cholesterol: 5.65mg (1.88%), Sodium: 118.81mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Manganese: 0.19mg (9.57%), Vitamin K: 5.88µg (5.6%), Vitamin C: 4.35mg (5.27%), Fiber: 1.19g (4.76%), Calcium: 47.46mg (4.75%), Vitamin A: 228.06IU (4.56%), Phosphorus: 44.72mg (4.47%), Copper: 0.07mg (3.54%), Selenium: 1.98µg (2.83%), Zinc: 0.42mg (2.79%), Vitamin B2: 0.04mg (2.54%), Vitamin E: 0.35mg (2.34%), Magnesium: 9.2mg (2.3%), Potassium: 77.01mg (2.2%), Folate: 8.77µg (2.19%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.04mg (1.75%), Iron: 0.26mg (1.42%)