



Mixed Greens Salad with Pears, Goat Cheese, and Fig Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

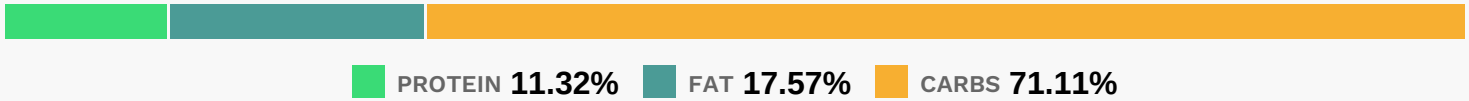
- ☐ 1.5 cups bosc pear cored thinly sliced (1)
- ☐ 6 tablespoons fig vinaigrette
- ☐ 1 ounce goat cheese crumbled
- ☐ 6 cups salad greens mixed

Equipment

Directions

- ☐ Place 1 cup greens on each of 6 plates; top each serving with 1/4 cup pear and 2 teaspoons goat cheese.
- ☐ Drizzle 1 tablespoon vinaigrette over each serving; serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:3.3908695358297%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg 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: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 52.76kcal (2.64%), Fat: 1.12g (1.73%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.57g (3.12%), Sugar: 6.38g (7.09%), Cholesterol: 2.17mg (0.72%), Sodium: 28.34mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 11.31mg (13.7%), Vitamin A: 534.27IU (10.69%), Fiber: 1.68g (6.71%), Manganese: 0.1mg (5.09%), Copper: 0.1mg (4.9%), Folate: 19.07µg (4.77%), Potassium: 151.02mg (4.31%), Vitamin B6: 0.07mg (3.61%), Phosphorus: 34.6mg (3.46%), Vitamin B2: 0.06mg (3.28%), Magnesium: 10.49mg (2.62%), Iron: 0.47mg (2.61%), Vitamin K: 2.55µg (2.43%), Calcium: 20.61mg (2.06%), Vitamin B1: 0.03mg (1.93%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.19mg (1.27%)