



Mixed Greens Salad with Pomegranate Vinaigrette

 Gluten Free

READY IN



14 min.

SERVINGS



5

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 purée of usa bartlett pear cored thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 tablespoons preshredded parmesan cheese fresh
- ☐ 5 servings pomegranate vinaigrette
- ☐ 0.8 cup onion red thinly sliced
- ☐ 5 ounce spring mix salad greens
- ☐ 1.5 tablespoons walnuts toasted chopped

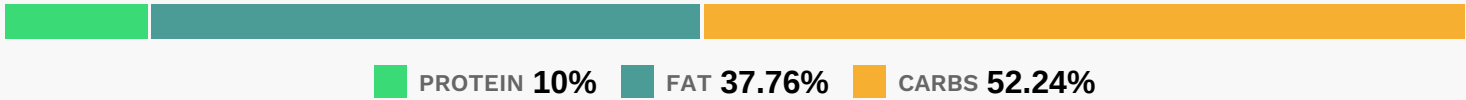
Equipment

☐ bowl

Directions

- ☐ Combine pear slices and lemon juice in a small bowl.
- ☐ Toss salad greens, onion, and pear slices in a medium bowl. Divide mixture evenly among 5 plates.
- ☐ Sprinkle each salad evenly with walnuts and cheese.
- ☐ Drizzle each evenly with Pomegranate Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.29, Inflammation Score:-4, Nutrition Score:3.5478260486346%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 67.21kcal (3.36%), Fat: 2.95g (4.54%), Saturated Fat: 0.54g (3.34%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 7.47g (2.72%), Sugar: 4.66g (5.18%), Cholesterol: 1.02mg (0.34%), Sodium: 32.82mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 11.12mg (13.48%), Manganese: 0.19mg (9.44%), Vitamin A: 344.99IU (6.9%), Fiber: 1.72g (6.89%), Folate: 20.83µg (5.21%), Copper: 0.1mg (5%), Phosphorus: 42.96mg (4.3%), Vitamin B6: 0.08mg (3.98%), Potassium: 137.54mg (3.93%), Calcium: 33.29mg (3.33%), Magnesium: 13.23mg (3.31%), Vitamin K: 2.54µg (2.42%), Vitamin B1: 0.04mg (2.36%), Vitamin B2: 0.04mg (2.34%), Iron: 0.4mg (2.21%), Zinc: 0.26mg (1.76%), Vitamin B3: 0.28mg (1.41%), Selenium: 0.77µg (1.1%), Vitamin B5: 0.11mg (1.06%)