



## Mixed Greens with Pear & Pecan Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



251 kcal

SIDE DISH

### Ingredients

- 4.5 oz athenos cheese blue crumbled
- 10 oz salad greens mixed
- 2 pears fresh sliced
- 0.3 cup planters pecan halves toasted
- 8 oz classic ranch dressing kraft
- 1 cup grapes red seedless halved

### Equipment

- bowl

## Directions

- Toss greens with fruit in large bowl.
- Add dressing; mix lightly.
- Top with nuts and cheese.

## Nutrition Facts

**PROTEIN 7.61%** **FAT 70.77%** **CARBS 21.62%**

## Properties

Glycemic Index:14.97, Glycemic Load:3.59, Inflammation Score:-5, Nutrition Score:8.1373912458834%

## Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 250.76kcal (12.54%), Fat: 20.28g (31.2%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12g (4.36%), Sugar: 8.84g (9.82%), Cholesterol: 19.33mg (6.44%), Sodium: 448.85mg (19.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin K: 43.23µg (41.17%), Phosphorus: 148.81mg (14.88%), Manganese: 0.29mg (14.29%), Vitamin C: 10.78mg (13.07%), Vitamin A: 560.9IU (11.22%), Calcium: 105.52mg (10.55%), Vitamin B2: 0.13mg (7.85%), Fiber: 1.95g (7.78%), Copper: 0.14mg (6.97%), Potassium: 224.5mg (6.41%), Vitamin B5: 0.61mg (6.11%), Folate: 24.39µg (6.1%), Vitamin E: 0.82mg (5.44%), Zinc: 0.79mg (5.28%), Selenium: 3.67µg (5.24%), Vitamin B6: 0.1mg (5.06%), Magnesium: 18.41mg (4.6%), Vitamin B1: 0.07mg (4.34%), Vitamin B12: 0.24µg (4.05%), Iron: 0.61mg (3.39%), Vitamin B3: 0.53mg (2.64%)