



Mixed Greens with Pear & Pecan Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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:7.98, Glycemic Load:1.91, Inflammation Score:-3, Nutrition Score:4.3395651838054%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 133.74kcal (6.69%), Fat: 10.82g (16.64%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.71g (5.24%), Cholesterol: 10.31mg (3.44%), Sodium: 239.39mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin K: 23.06µg (21.96%), Phosphorus: 79.36mg (7.94%), Manganese: 0.15mg (7.62%), Vitamin C: 5.75mg (6.97%), Vitamin A: 299.15IU (5.98%), Calcium: 56.28mg (5.63%), Vitamin B2: 0.07mg (4.19%), Fiber: 1.04g (4.15%), Copper: 0.07mg (3.72%), Potassium: 119.73mg (3.42%), Vitamin B5: 0.33mg (3.26%), Folate: 13.01µg (3.25%), Vitamin E: 0.44mg (2.9%), Zinc: 0.42mg (2.81%), Selenium: 1.96µg (2.79%), Vitamin B6: 0.05mg (2.7%), Magnesium: 9.82mg (2.45%), Vitamin B1: 0.03mg (2.31%), Vitamin B12: 0.13µg (2.16%), Iron: 0.33mg (1.81%), Vitamin B3: 0.28mg (1.41%)