



## Mixed Greens with Pears and Raspberries

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

### Ingredients

- 2 tablespoons apple juice
- 2 cups torn boston lettuce
- 2 cups torn curly endive
- 1 tablespoon honey
- 1 tablespoon olive oil extra-virgin
- 2 cups pears cubed ( 2 medium)
- 0.1 teaspoon pepper
- 1 cup raspberries

- 3 tablespoons raspberry-flavored vinegar
- 0.1 teaspoon salt
- 2 cups torn spinach

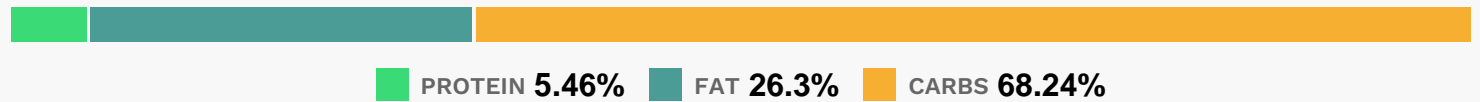
## Equipment

- bowl
- whisk

## Directions

- Combine the first 6 ingredients in a small bowl; stir well with a wire whisk.
- Combine spinach, lettuce, endive, pear, and raspberries in a large bowl; toss gently. Divide salad among 6 individual plates, and drizzle with dressing.

## Nutrition Facts



## Properties

Glycemic Index:43.3, Glycemic Load:4.48, Inflammation Score:-9, Nutrition Score:12.033912910068%

## Flavonoids

Cyanidin: 10.26mg, Cyanidin: 10.26mg, Cyanidin: 10.26mg, Cyanidin: 10.26mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

## Nutrients (% of daily need)

Calories: 84.54kcal (4.23%), Fat: 2.67g (4.11%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 11.54g (4.2%), Sugar: 9.82g (10.91%), Cholesterol: 0mg (0%), Sodium: 66.19mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin K: 120.34µg (114.61%), Vitamin A: 2462.83IU (49.26%), Manganese: 0.38mg (19.07%), Vitamin C: 15.04mg (18.23%), Fiber: 4.06g (16.24%), Folate: 57.93µg (14.48%), Vitamin E: 1.18mg (7.9%), Potassium: 270.85mg (7.74%), Copper: 0.13mg (6.49%), Magnesium: 23.99mg (6%), Iron: 0.92mg (5.09%), Calcium: 43.6mg (4.36%), Vitamin B2: 0.07mg (4.1%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.32mg (3.22%), Phosphorus: 31.63mg (3.16%), Vitamin B1: 0.04mg (2.75%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.31mg (2.04%)