



WHATSheATE



Mixed Greens with Pears and Spicy Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 2 bosc pears cored chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon olive oil

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pecans toasted chopped
- ☐ 6 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

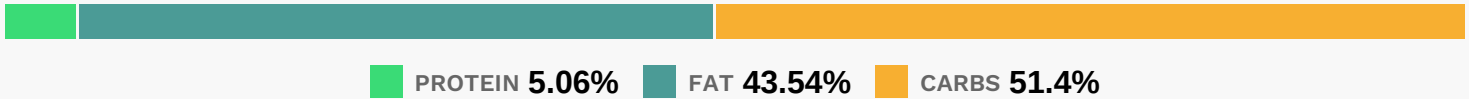
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1/2 teaspoon oil in a skillet over medium heat.
- ☐ Add nuts, sugar, and red pepper; cook 4 minutes, stirring constantly.
- ☐ Remove from pan.
- ☐ Whisk together juice and next 4 ingredients (through 1 tablespoon oil) in a bowl; add cheese.
- ☐ Combine greens, arugula, and pears in a bowl.
- ☐ Drizzle dressing over salad; toss.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:73.03, Glycemic Load:9.27, Inflammation Score:-7, Nutrition Score:7.7578261750548%

Flavonoids

Cyanidin: 2.57mg, Cyanidin: 2.57mg, Cyanidin: 2.57mg, Cyanidin: 2.57mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epicatechin 3-gallate: 0.02mg,

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 194.3kcal (9.72%), Fat: 10.15g (15.61%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 23.37g (8.5%), Sugar: 18.88g (20.98%), Cholesterol: 2.63mg (0.88%), Sodium: 204.06mg (8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 21.57mg (26.15%), Manganese: 0.48mg (24.04%), Vitamin A: 880.16IU (17.6%), Fiber: 3.59g (14.34%), Vitamin K: 12.35µg (11.76%), Copper: 0.2mg (9.85%), Folate: 37.84µg (9.46%), Potassium: 277.98mg (7.94%), Phosphorus: 70.5mg (7.05%), Magnesium: 25.2mg (6.3%), Vitamin E: 0.84mg (5.6%), Vitamin B6: 0.11mg (5.27%), Vitamin B1: 0.08mg (5.27%), Vitamin B2: 0.09mg (5.05%), Iron: 0.89mg (4.92%), Calcium: 48.92mg (4.89%), Zinc: 0.67mg (4.47%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.28mg (2.75%), Selenium: 1.22µg (1.74%)