



 **67%**  
HEALTH SCORE

## Mustard Greens Salad with Anchovy Dressing

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



745 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 cup almonds toasted sliced
- 2 fillet anchovy finely chopped
- 4 servings pepper black freshly ground
- 2.5 cups top
- 1 medium garlic clove finely chopped
- 2.5 ounces gruyere cheese shredded
- 4 servings kosher salt
- 10 ounces mustard greens

- 0.3 cup olive oil
- 1 medium pears such as anjou crisp
- 2 tablespoons citrus champagne vinegar

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- cutting board

## Directions

- Heat the oven to 425°F and arrange a rack in the middle. While it's heating, make the dressing.
- Place the anchovies and garlic on a cutting board. Make a paste by pressing down on the blade of a chef's knife and dragging the side of it across the garlic and anchovies at a 15-degree angle, alternating between smashing them together and chopping the mixture, until a fine paste forms.
- Transfer the paste to a large, nonreactive bowl, add the vinegar, season with salt and pepper, and whisk to combine. While whisking continuously, add 1/4 cup of the oil in a slow, steady stream until it's fully incorporated; set aside. When the oven is ready, heat the remaining 2 tablespoons of oil in a large oven-safe frying pan over medium-high heat until shimmering.
- Add the bread, season with salt and pepper, and stir to coat in the oil.
- Transfer the pan to the oven and bake for 5 minutes. Stir the croutons and bake until crispy and golden brown, about 5 minutes more.
- Remove the pan from the oven and set aside.
- Cut out the tough stems from the mustard greens and discard. Arrange the leaves in stacks, slice in half lengthwise, and then cut crosswise into 1/2-inch pieces. Wash and dry the greens; set aside. Core the pear and cut it into thin slices.
- Whisk the dressing to recombine, add the mustard greens, and toss to coat.
- Add the pear, cheese, almonds, and croutons and toss to combine.

Serve immediately.

## Nutrition Facts

**PROTEIN 14.49%** **FAT 37.7%** **CARBS 47.81%**

### Properties

Glycemic Index:55.31, Glycemic Load:61.71, Inflammation Score:-10, Nutrition Score:39.636956398902%

### Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 12.07mg, Isorhamnetin: 12.07mg, Isorhamnetin: 12.07mg, Isorhamnetin: 12.07mg Kaempferol: 27.21mg, Kaempferol: 27.21mg, Kaempferol: 27.21mg, Kaempferol: 27.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

### Nutrients (% of daily need)

Calories: 744.51kcal (37.23%), Fat: 31.87g (49.04%), Saturated Fat: 6.69g (41.84%), Carbohydrates: 90.94g (30.31%), Net Carbohydrates: 81.84g (29.76%), Sugar: 12.93g (14.36%), Cholesterol: 20.69mg (6.9%), Sodium: 1228.35mg (53.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.12%), Vitamin K: 194.63µg (185.36%), Vitamin B1: 1.16mg (77.37%), Selenium: 47.09µg (67.27%), Vitamin C: 51.8mg (62.78%), Manganese: 1.22mg (61.2%), Vitamin B2: 0.97mg (57.24%), Vitamin E: 8.21mg (54.74%), Folate: 203.08µg (50.77%), Vitamin A: 2324.11IU (46.48%), Iron: 7.89mg (43.85%), Vitamin B3: 8.7mg (43.48%), Phosphorus: 397.26mg (39.73%), Calcium: 393.21mg (39.32%), Fiber: 9.1g (36.39%), Magnesium: 127.55mg (31.89%), Copper: 0.57mg (28.51%), Zinc: 3.04mg (20.24%), Potassium: 652.67mg (18.65%), Vitamin B6: 0.35mg (17.46%), Vitamin B5: 0.86mg (8.64%), Vitamin B12: 0.3µg (4.93%)