



Off-White Salad with Citrus-Balsamic Vinaigrette

READY IN



45 min.

SERVINGS



8

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 4 bosc pears cored peeled quartered
- ☐ 2 cups celery leaves
- ☐ 0.3 cup brown sugar dark
- ☐ 2 bulbs fennel shaved thin
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 large heads frisée washed
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 8 servings olive oil extra-virgin
- ☐ 3 tablespoons orange juice fresh
- ☐ 4.5 inch thick pancetta cut into strips
- ☐ 8 servings parmesan wedge for shaving
- ☐ 1 cup pecan halves
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons butter unsalted
- ☐ 1 bottle prosecco
- ☐ 1 bottle prosecco

Equipment

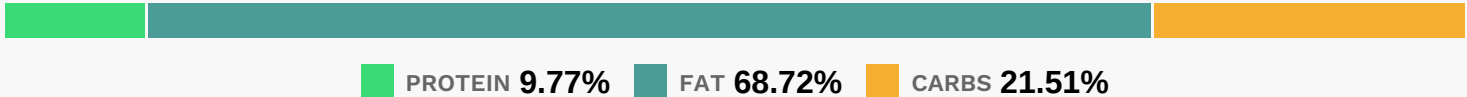
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ whisk
- ☐ pot
- ☐ peeler

Directions

- ☐ For the pears: Melt the butter in a deep, wide pot over medium heat.
- ☐ Add the prosecco and bring to a simmer.
- ☐ Add the pears and simmer until tender, about 15 minutes.
- ☐ Remove the pears from the liquid and let cool.
- ☐ For the pecans: Melt the butter in a large skillet over medium heat.
- ☐ Add the brown sugar and cook, stirring, until the sugar is dissolved.
- ☐ Add the pecans and stir to coat. Simmer the pecans in the sugar mixture, about 5 minutes.

- ☐ Remove from the heat and transfer to a piece of parchment paper and let cool. Chop the pecans and set aside.
- ☐ For the dressing: In a bowl, combine the oil, orange juice, vinegar and parsley. Season with salt and pepper and whisk together. Taste and adjust the seasoning if needed.
- ☐ Heat a large skillet over medium heat.
- ☐ Add a swirl of olive oil and the pancetta. Cook, stirring occasionally, until the pancetta is crisp.
- ☐ Transfer the pancetta to paper towel-lined plate to drain the fat.
- ☐ Tear the frisee into bite-size pieces into a large bowl and add the celery leaves and fennel.
- ☐ Add the pears.
- ☐ Pour in enough dressing just to coat and toss to combine. Taste and add more dressing if desired.
- ☐ Divide the salad among plates and garnish with a few pieces of pancetta and chopped pecans. Using a vegetable peeler, shave a few pieces of Parmesan over each salad.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:39.59, Glycemic Load:6.1, Inflammation Score:-7, Nutrition Score:18.262608714726%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.79mg, Apigenin: 2.79mg, Apigenin: 2.79mg, Apigenin: 2.79mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.27mg, Isorhamnetin:

0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 537.93kcal (26.9%), Fat: 42.6g (65.54%), Saturated Fat: 11.54g (72.12%), Carbohydrates: 30g (10%), Net Carbohydrates: 23.22g (8.44%), Sugar: 19.9g (22.11%), Cholesterol: 32.63mg (10.88%), Sodium: 572.48mg (24.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Vitamin K: 81.64µg (77.76%), Calcium: 434.11mg (43.41%), Manganese: 0.8mg (40.06%), Phosphorus: 302.2mg (30.22%), Fiber: 6.78g (27.13%), Vitamin E: 3.98mg (26.53%), Vitamin C: 16.79mg (20.35%), Potassium: 611.34mg (17.47%), Vitamin A: 823.17IU (16.46%), Copper: 0.3mg (15.09%), Magnesium: 53.17mg (13.29%), Folate: 51.61µg (12.9%), Selenium: 8.39µg (11.99%), Vitamin B2: 0.2mg (11.61%), Zinc: 1.71mg (11.37%), Vitamin B1: 0.13mg (8.87%), Iron: 1.5mg (8.35%), Vitamin B6: 0.16mg (8.05%), Vitamin B12: 0.38µg (6.27%), Vitamin B5: 0.61mg (6.12%), Vitamin B3: 1.04mg (5.18%), Vitamin D: 0.23µg (1.56%)