



Pair" Salad with Peppercorn Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon honey
- ☐ 4 large lettuce leaves red
- ☐ 1 large comice pear cored ripe sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 cups watercress trimmed
- ☐ 2 tablespoons walnuts toasted chopped

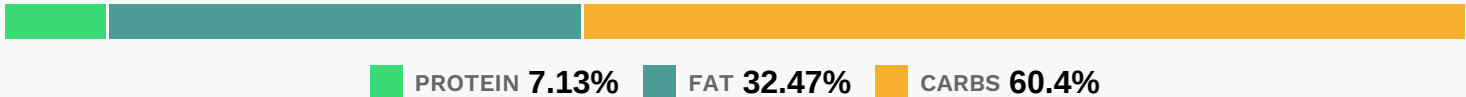
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 4 ingredients in a small bowl, and stir mustard mixture with a whisk. Arrange 2 lettuce leaves and 1 cup watercress on each of 2 salad plates. Top each serving with the pear slices and 1 tablespoon chopped walnuts.
- ☐ Drizzle the peppercorn vinaigrette over the salads.

Nutrition Facts



Properties

Glycemic Index:102.51, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:15.52652183823%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg

Nutrients (% of daily need)

Calories: 176.13kcal (8.81%), Fat: 6.97g (10.72%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 24.14g (8.78%), Sugar: 20.4g (22.66%), Cholesterol: 0mg (0%), Sodium: 79.86mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin K: 138.41µg (131.82%), Vitamin A: 3667.89IU (73.36%), Manganese: 0.61mg (30.66%), Vitamin C: 21.06mg (25.53%), Fiber: 5.01g (20.04%), Copper: 0.3mg (15.03%), Potassium: 372.49mg (10.64%), Magnesium: 38.41mg (9.6%), Vitamin B6: 0.17mg (8.58%), Phosphorus: 85.14mg (8.51%), Folate: 33.75µg (8.44%), Calcium: 77.51mg (7.75%), Vitamin B1: 0.11mg (7.33%), Vitamin B2: 0.12mg

(7.04%), Iron: 1.16mg (6.42%), Selenium: 3.22µg (4.6%), Vitamin E: 0.62mg (4.13%), Zinc: 0.59mg (3.93%), Vitamin B5: 0.29mg (2.93%), Vitamin B3: 0.52mg (2.59%)