



 **65%**  
HEALTH SCORE

## Parmesan and Candied Walnut Salad

 **Gluten Free**  **Very Healthy**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**571 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups candied spicy walnuts; 8 store-bought
- 1 juice of lemon juiced
- 0.3 cup olive oil extra-virgin
- 4 servings parmesan shaved to taste
- 1 large pears sliced
- 3 heads romaine lettuce dried washed
- 4 servings salt and pepper black freshly ground

### Equipment

bowl

whisk

## Directions

So first things first, you put all the components of your salad together.

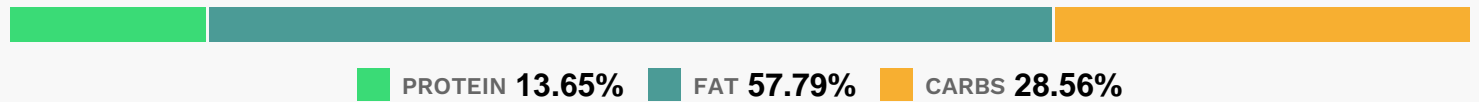
Combine the romaine lettuce, the candied walnuts, and the sliced pears in a serving bowl.

Whisk the lemon juice, extra-virgin olive oil, and the salt and pepper, to taste, in a small bowl.

Drizzle the dressing over the salad.

For the finishing touch, shave some fresh Parmesan over the top and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:32.579999882242%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

## Nutrients (% of daily need)

Calories: 570.67kcal (28.53%), Fat: 38.02g (58.5%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 28.69g (10.43%), Sugar: 24.72g (27.47%), Cholesterol: 20.4mg (6.8%), Sodium: 706.82mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Vitamin A: 41158.85IU (823.18%), Vitamin K: 491.26µg (467.87%), Folate: 643.81µg (160.95%), Fiber: 13.59g (54.37%), Calcium: 539.71mg (53.97%), Manganese: 0.77mg (38.34%), Potassium: 1256.11mg (35.89%), Phosphorus: 355.94mg (35.59%), Iron: 5.79mg (32.17%), Vitamin C: 24.25mg (29.39%), Vitamin B2: 0.43mg (25.29%), Vitamin B1: 0.36mg (24.08%), Magnesium:

82.34mg (20.58%), Vitamin B6: 0.4mg (20.07%), Vitamin E: 2.73mg (18.22%), Zinc: 1.93mg (12.88%), Copper: 0.25mg (12.63%), Selenium: 8.64µg (12.34%), Vitamin B5: 0.85mg (8.48%), Vitamin B3: 1.61mg (8.05%), Vitamin B12: 0.36µg (6%)