



Peanuty Pear Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons soya sauce
- ☐ 1 teaspoon dijon mustard
- ☐ 6 cups the salad mixed
- ☐ 3 medium pears ripe unpeeled sliced
- ☐ 0.3 cup roasted peanuts

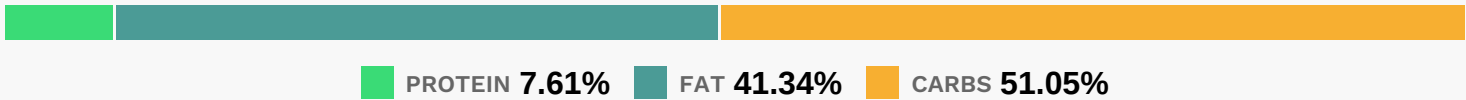
0.3 cup golden raisins

Equipment

Directions

- In tightly covered container, shake vinaigrette ingredients.
- Divide salad greens among 6 plates. Top each with pears, peanuts and raisins.
- Drizzle with vinaigrette.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:8.35, Inflammation Score:-5, Nutrition Score:6.5069564529087%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 175.89kcal (8.79%), Fat: 8.74g (13.45%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 20.43g (7.43%), Sugar: 14.89g (16.54%), Cholesterol: 0mg (0%), Sodium: 168.3mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin C: 14.34mg (17.38%), Manganese: 0.33mg (16.56%), Fiber: 3.86g (15.45%), Vitamin K: 12.55µg (11.95%), Vitamin A: 477.39IU (9.55%), Copper: 0.18mg (8.98%), Vitamin B3: 1.75mg (8.76%), Potassium: 303.17mg (8.66%), Folate: 32.41µg (8.1%), Magnesium: 28.43mg (7.11%), Phosphorus: 70.63mg (7.06%), Vitamin B6: 0.11mg (5.52%), Iron: 0.81mg (4.48%), Vitamin B2: 0.07mg (4.1%),

Vitamin B1: 0.05mg (3.49%), Vitamin E: 0.49mg (3.29%), Calcium: 26.68mg (2.67%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.23mg (2.29%), Selenium: 1.22µg (1.75%)