



Peanuty Pear Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

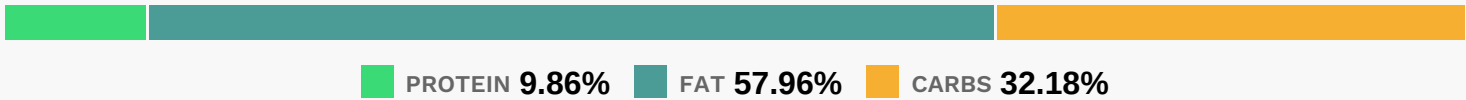
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup roasted peanuts
- ☐ 0.3 cup golden raisins
- ☐ 1 tablespoon juice of lemon
- ☐ 6 cups the salad mixed
- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons vegetable oil

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:28.96, Glycemic Load:4.4, Inflammation Score:-4, Nutrition Score:4.7504348132921%

Flavonoids

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 Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 125.16kcal (6.26%), Fat: 8.62g (13.26%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.66g (3.51%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 167.41mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.29mg (14.42%), Vitamin C: 10.51mg (12.74%), Vitamin A: 455.14IU (9.1%), Vitamin K: 8.63µg (8.22%), Vitamin B3: 1.61mg (8.05%), Folate: 26.18µg (6.55%), Phosphorus: 59.95mg (6%), Potassium: 199.93mg (5.71%), Magnesium: 22.2mg (5.55%), Copper: 0.11mg (5.33%), Fiber: 1.1g (4.41%), Vitamin B6: 0.08mg (4.23%), Iron: 0.65mg (3.59%), Vitamin B1: 0.04mg (2.78%), Vitamin B2: 0.05mg (2.74%), Vitamin E: 0.39mg (2.58%), Zinc: 0.29mg (1.92%), Calcium: 18.67mg (1.87%), Vitamin B5: 0.19mg (1.85%), Selenium: 1.13µg (1.62%)