



Pear and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cheese blue crumbled
- 1 bosc pear cored sliced
- 2 tablespoons brown sugar packed
- 0.5 cup candied pecans chopped
- 10 ounce field greens mixed
- 0.3 cup maple syrup

- 0.5 cup mayonnaise
- 0.5 cup onion red sliced
- 0.8 teaspoon salt
- 0.3 cup walnut oil

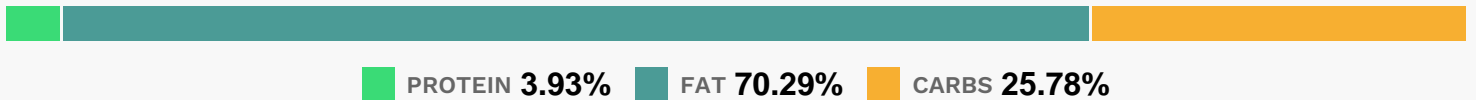
Equipment

- bowl
- blender

Directions

- Place the salad greens in a large bowl.
- Add the red onion, pear, pecans, and blue cheese, and toss to mix evenly.
- To make the dressing, place the maple syrup, vinegar, mayonnaise, brown sugar, salt, and pepper in a blender, and blend thoroughly. With the motor running, slowly pour in the walnut oil. Blend until mixture becomes creamy, about 1 minute.
- Pour over salad mixture, and toss to coat greens evenly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.54, Glycemic Load:5.08, Inflammation Score:-5, Nutrition Score:7.5295651736467%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 381.19kcal (19.06%), Fat: 30.03g (46.2%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.29g (8.47%), Sugar: 18.93g (21.03%), Cholesterol: 16.28mg (5.43%), Sodium: 591.4mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin K: 33.55µg (31.96%), Manganese: 0.46mg (22.94%), Vitamin C: 13.22mg (16.03%), Vitamin B2: 0.25mg (14.82%), Vitamin A: 642.86IU (12.86%), Calcium: 98.73mg (9.87%), Phosphorus: 74.67mg (7.47%), Folate: 27.13µg (6.78%), Potassium: 214.05mg (6.12%), Fiber: 1.5g (6%), Vitamin E: 0.72mg (4.77%), Vitamin B6: 0.08mg (4.22%), Zinc: 0.58mg (3.87%), Magnesium: 15.37mg (3.84%), Iron: 0.65mg (3.62%), Selenium: 2.41µg (3.45%), Copper: 0.07mg (3.27%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.16µg (2.66%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.45mg (2.27%)