

# Pear and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



376 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 the salad mixed
- 0.3 cup maple syrup

- 0.5 cup mayonnaise
- 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



**PROTEIN 3.83%** **FAT 71.31%** **CARBS 24.86%**

## Properties

Glycemic Index:37.04, Glycemic Load:4.8, Inflammation Score:-5, Nutrition Score:7.1995651877445%

## 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: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 375.86kcal (18.79%), Fat: 30.02g (46.18%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.27g (8.1%), Sugar: 18.36g (20.4%), Cholesterol: 16.28mg (5.43%), Sodium: 590.86mg (25.69%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.63g (7.26%), Vitamin K: 33.5µg (31.91%), Manganese: 0.44mg (22.08%), Vitamin C: 12.24mg (14.83%), Vitamin B2: 0.25mg (14.61%), Vitamin A: 642.59IU (12.85%), Calcium: 95.66mg (9.57%), Phosphorus: 70.8mg (7.08%), Folate: 24.6µg (6.15%), Potassium: 194.58mg (5.56%), Fiber: 1.27g (5.1%), Vitamin E: 0.71mg (4.75%), Zinc: 0.56mg (3.72%), Magnesium: 14.04mg (3.51%), Iron: 0.62mg (3.46%), Vitamin B6: 0.07mg (3.42%), Selenium: 2.35µg (3.35%), Vitamin B5: 0.3mg (3.04%), Copper: 0.06mg (3.01%), Vitamin B12: 0.16µg (2.66%), Vitamin B3: 0.44mg (2.19%), Vitamin B1: 0.03mg (2.12%)