



Pear and Greens Salad with Maple Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup maple syrup organic maple-flavored
- 2 tablespoons balsamic vinegar
- 0.5 teaspoon dijon mustard
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup vegetable oil
- 0.3 cup cashew pieces
- 8 cups the salad mixed

- 3 medium pears peeled cut into wedges
- 0.3 cup cranberries dried sweetened organic

Equipment

- bowl
- whisk
- microwave
- measuring cup

Directions

- In small bowl, mix all vinaigrette ingredients except oil with wire whisk. Beat in oil until blended.
- Place pecans in 1-cup glass measuring cup. Microwave on High 2 minutes to 2 minutes 30 seconds, stirring every 30 seconds, until browned.
- Divide salad greens among 6 serving plates. Arrange pear wedges on greens; sprinkle with pecans and cranberries.
- Drizzle vinaigrette over salads.

Nutrition Facts



PROTEIN 3.71% **FAT 44.25%** **CARBS 52.04%**

Properties

Glycemic Index:35.41, Glycemic Load:8.21, Inflammation Score:-6, Nutrition Score:8.4578261841898%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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 Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 241.31kcal (12.07%), Fat: 12.48g (19.2%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 29.62g (10.77%), Sugar: 22.83g (25.37%), Cholesterol: 0mg (0%), Sodium: 119.88mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Manganese: 0.59mg (29.29%), Vitamin K: 23.72µg (22.59%), Vitamin C: 16.25mg (19.7%), Fiber: 3.39g (13.57%), Vitamin B2: 0.23mg (13.33%), Copper: 0.26mg (13.2%), Vitamin A: 628.87IU (12.58%), Magnesium: 37.1mg (9.27%), Potassium: 283.49mg (8.1%), Phosphorus: 76.11mg (7.61%), Vitamin E: 1.06mg (7.05%), Folate: 27.8µg (6.95%), Iron: 1.07mg (5.95%), Vitamin B6: 0.1mg (5.07%), Zinc: 0.72mg (4.83%), Vitamin B1: 0.07mg (4.51%), Calcium: 34.96mg (3.5%), Vitamin B3: 0.56mg (2.82%), Selenium: 1.91µg (2.74%), Vitamin B5: 0.19mg (1.87%)