



Pear and Greens Salad with Maple Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon dijon mustard
- 0.3 cup maple syrup
- 3 medium pears peeled cut into wedges
- 0.3 cup pecans
- 0.3 teaspoon pepper
- 8 cups the salad mixed
- 0.3 teaspoon salt

0.3 cup cranberries dried sweetened

0.3 cup vegetable oil

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 2.47% **FAT 47.42%** **CARBS 50.11%**

Properties

Glycemic Index:32.88, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:7.9699999975122%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 239.69kcal (11.98%), Fat: 13.3g (20.45%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 31.61g (10.54%),
Net Carbohydrates: 27.93g (10.16%), Sugar: 22.63g (25.14%), Cholesterol: 0mg (0%), Sodium: 119.02mg (5.17%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Manganese: 0.71mg (35.73%), Vitamin K: 21.47µg
(20.44%), Vitamin C: 16.28mg (19.73%), Fiber: 3.68g (14.73%), Vitamin B2: 0.23mg (13.51%), Vitamin A: 631.95IU
(12.64%), Copper: 0.17mg (8.64%), Potassium: 258.74mg (7.39%), Vitamin E: 1.07mg (7.14%), Folate: 27.22µg (6.8%),
Magnesium: 22.82mg (5.71%), Vitamin B1: 0.07mg (4.91%), Phosphorus: 48.85mg (4.88%), Vitamin B6: 0.08mg
(4.16%), Iron: 0.73mg (4.07%), Zinc: 0.56mg (3.73%), Calcium: 36.16mg (3.62%), Vitamin B3: 0.55mg (2.76%),
Vitamin B5: 0.17mg (1.72%)