



Pear and Manchego Salad with Walnut Dressing

 Gluten Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 cup baby lettuces mixed
- ☐ 2 bartlett red sliced into wedges (8 ounces)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon honey
- ☐ 1 ounce manchego cheese shaved
- ☐ 0.1 teaspoon cracked pepper black
- ☐ 2 tablespoons pomegranate arils (seeds)

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.3 cup walnut halves toasted roughly chopped
- ☐ 3 tablespoons walnut oil
- ☐ 1 tablespoon water

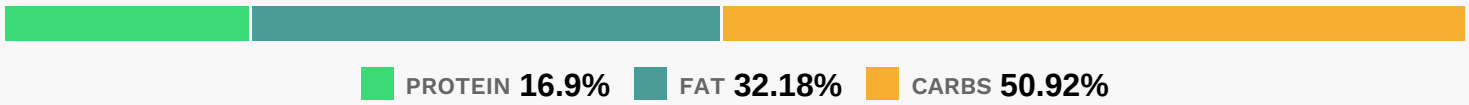
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Divide lettuce, pear wedges, walnuts, and cheese among 4 plates.
- ☐ In a small bowl, whisk together oil, vinegar, water, mustard, honey, salt, and pepper. On each salad, drizzle 1 1/2 tablespoons dressing, then sprinkle 1/2 tablespoon pomegranate arils on top.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:72.15, Glycemic Load:19.93, Inflammation Score:-10, Nutrition Score:40.058260917664%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 533.92kcal (26.7%), Fat: 19.52g (30.04%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 69.52g (23.17%), Net Carbohydrates: 45.24g (16.45%), Sugar: 31.85g (35.39%), Cholesterol: 7.58mg (2.53%), Sodium: 222.07mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin C: 149.81mg (181.59%), Fiber: 24.28g (97.14%), Vitamin K: 96.41µg (91.81%), Manganese: 1.79mg (89.72%), Vitamin B1: 1.01mg (67.15%), Folate:

251.11µg (62.78%), Vitamin A: 2839.72IU (56.79%), Phosphorus: 431.11mg (43.11%), Copper: 0.84mg (41.95%), Vitamin B3: 7.84mg (39.18%), Magnesium: 138.35mg (34.59%), Vitamin B6: 0.68mg (34.11%), Zinc: 4.83mg (32.22%), Iron: 5.78mg (32.14%), Vitamin B2: 0.52mg (30.48%), Potassium: 1029.45mg (29.41%), Calcium: 183.98mg (18.4%), Selenium: 7.45µg (10.65%), Vitamin B5: 0.49mg (4.9%), Vitamin E: 0.72mg (4.81%)