



Pear and Spinach Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounces baby spinach
- 0.5 teaspoon pepper black freshly ground
- 1 medium bosc pear thinly sliced quartered
- 2 tablespoons dijon mustard
- 1 tablespoon honey
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 0.3 onion red thinly sliced

2 tablespoons red wine vinegar

2 tablespoons water

Equipment

bowl

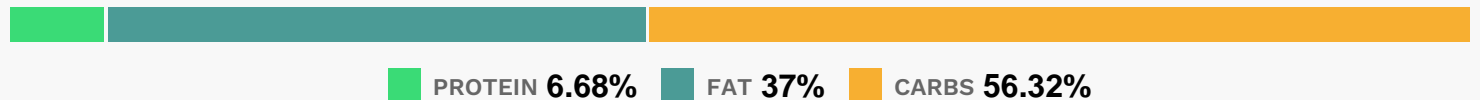
whisk

Directions

Place onion in a small bowl of ice water and let sit for 10 minutes. Meanwhile, place mustard, vinegar, water, oil, honey, salt, and pepper in a medium nonreactive bowl and whisk until combined. Strain onion from ice water, pat dry, and place in a large nonreactive bowl.

Add spinach, pear, and 3 tablespoons of the dressing and toss until evenly coated. Taste, season with salt and freshly ground black pepper, and add more dressing as desired.

Nutrition Facts



Properties

Glycemic Index:35.34, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:10.162608755671%

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 Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 59.86kcal (2.99%), Fat: 2.65g (4.07%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 7.28g (2.65%), Sugar: 6.13g (6.81%), Cholesterol: 0mg (0%), Sodium: 268.8mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin K: 117.18µg (111.6%), Vitamin A: 2227.25IU (44.54%),

Manganese: 0.28mg (13.99%), Folate: 49.23µg (12.31%), Vitamin C: 8.32mg (10.08%), Fiber: 1.78g (7.13%),
Magnesium: 24.21mg (6.05%), Vitamin E: 0.87mg (5.81%), Potassium: 186.48mg (5.33%), Iron: 0.85mg (4.73%),
Vitamin B2: 0.06mg (3.44%), Copper: 0.07mg (3.27%), Vitamin B6: 0.06mg (3.25%), Calcium: 31.8mg (3.18%),
Selenium: 2.03µg (2.89%), Phosphorus: 22.67mg (2.27%), Vitamin B1: 0.03mg (2.25%), Zinc: 0.21mg (1.38%), Vitamin
B3: 0.26mg (1.29%)