



Pear and Spinach Salad with Parmesan Vinaigrette

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 anjou pear green
- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 head butter red
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 small fennel bulb
- ☐ 1 teaspoon garlic clove grated finely chopped

- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.8 teaspoon salt

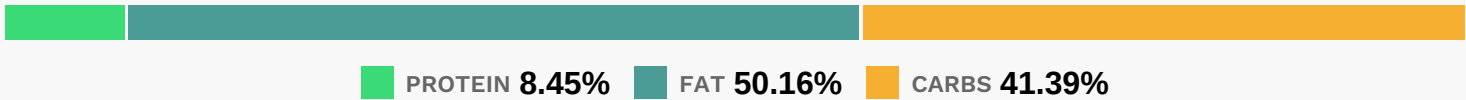
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ In a small bowl, combine balsamic vinegar, lemon juice, and salt. Grate garlic clove into mixture and set aside.
- ☐ Wash and dry spinach and lettuce leaves. Tear into bite-sized pieces and put in a serving bowl.
- ☐ Cut fennel bulb in half and slice lengthwise as thinly as possible.
- ☐ Cut the pear in half and core. Thinly slice.
- ☐ Slowly pour olive oil into balsamic-lemon mixture, whisking constantly until the oil is fully incorporated.
- ☐ Add Parmesan cheese and several grinds of black pepper.
- ☐ Drizzle desired quantity of vinaigrette over greens and toss lightly to coat.
- ☐ Add the pears and fennel with additional dressing and toss again to incorporate.
- ☐ Use a vegetable peeler to add thin curls of parmesan cheese for garnish if desired.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:4.4139130044243%

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 Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 86.35kcal (4.32%), Fat: 5.04g (7.75%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.36g (5.95%), Cholesterol: 3.98mg (1.33%), Sodium: 386.7mg (16.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 28.22µg (26.88%), Vitamin C: 8.05mg (9.75%), Fiber: 2.18g (8.72%), Potassium: 218.13mg (6.23%), Calcium: 61.96mg (6.2%), Manganese: 0.12mg (6.09%), Vitamin E: 0.81mg (5.43%), Phosphorus: 51.85mg (5.19%), Folate: 13.89µg (3.47%), Magnesium: 11.41mg (2.85%), Copper: 0.06mg (2.85%), Selenium: 1.84µg (2.63%), Iron: 0.44mg (2.45%), Vitamin B2: 0.04mg (2.12%), Zinc: 0.3mg (2.02%), Vitamin A: 100.78IU (2.02%), Vitamin B6: 0.04mg (1.96%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.13mg (1.3%)