



Pear and Winter Lettuce Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads belgian endive thinly sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil
- ☐ 1 large pears sliced
- ☐ 1 small head radicchio thinly thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon balsamic vinegar white

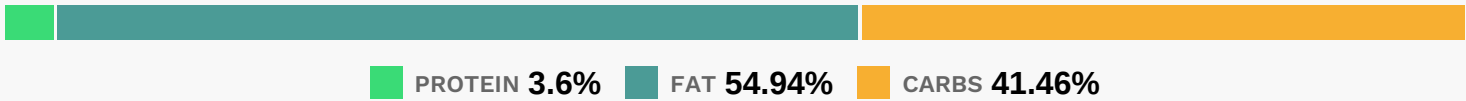
Equipment

☐ bowl

Directions

- ☐ Combine olive oil, vinegar, mustard, salt, and pepper in a large bowl.
- ☐ Add endive, radicchio, and pear; toss to combine.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:2.92, Inflammation Score:-4, Nutrition Score:8.1447825094928%

Flavonoids

Cyanidin: 48.81mg, Cyanidin: 48.81mg, Cyanidin: 48.81mg, Cyanidin: 48.81mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 14.25mg, Luteolin: 14.25mg, Luteolin: 14.25mg, Luteolin: 14.25mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 112.38kcal (5.62%), Fat: 7.25g (11.15%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.28g (3.37%), Sugar: 6.45g (7.16%), Cholesterol: 0mg (0%), Sodium: 169.53mg (7.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin K: 102.59µg (97.71%), Vitamin E: 1.93mg (12.87%), Fiber: 3.03g (12.11%), Copper: 0.19mg (9.61%), Folate: 36.44µg (9.11%), Vitamin C: 6.22mg (7.54%), Potassium: 243.98mg (6.97%), Manganese: 0.13mg (6.63%), Magnesium: 12.85mg (3.21%), Phosphorus: 31.1mg (3.11%), Iron: 0.48mg (2.68%), Vitamin B6: 0.05mg (2.52%), Zinc: 0.35mg (2.3%), Vitamin B1: 0.03mg (2.12%), Calcium: 19.92mg (1.99%), Vitamin B2: 0.03mg (1.98%), Vitamin B5: 0.17mg (1.73%), Selenium: 0.88µg (1.26%), Vitamin B3: 0.24mg (1.2%)