



Pear, Arugula and Endive Salad with Candied Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces arugula
- ☐ 4 heads belgian endive separated trimmed
- ☐ 10 servings candied spicy walnuts; 8
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 pears firm cored ripe halved thinly sliced lengthwise
- ☐ 2 tablespoons sherry vinegar

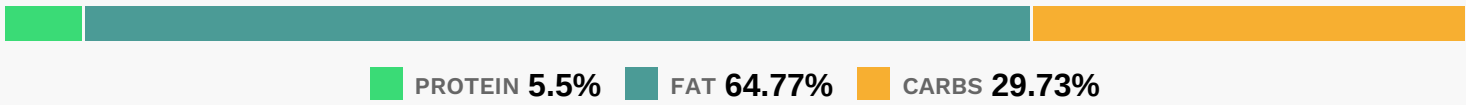
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients in medium bowl to blend.
- ☐ Add walnut oil and extra-virgin olive oil; whisk until well blended. Season dressing to taste with salt and pepper. (Can be made 1 day ahead. Cover and chill.
- ☐ Let stand at room temperature 1 hour and rewhisk before continuing.)
- ☐ Toss arugula in large bowl with enough dressing to coat. Divide arugula among 10 plates. Arrange endive leaves and pear slices atop arugula on each.
- ☐ Drizzle with more dressing.
- ☐ Sprinkle with Candied Walnuts and serve.

Nutrition Facts



Properties

Glycemic Index:13.27, Glycemic Load:1.81, Inflammation Score:-6, Nutrition Score:7.2065216613852%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 11.88mg, Kaempferol: 11.88mg, Kaempferol: 11.88mg, Kaempferol: 11.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 257.32kcal (12.87%), Fat: 18.91g (29.09%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 15.59g (5.67%), Sugar: 12.87g (14.3%), Cholesterol: 0mg (0%), Sodium: 146.79mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 50.28µg (47.89%), Vitamin A: 856.91IU (17.14%), Fiber: 3.94g (15.74%), Folate: 44.61µg (11.15%), Vitamin C: 8.94mg (10.84%), Vitamin E: 1.41mg (9.4%), Calcium: 80.09mg (8.01%), Manganese: 0.15mg (7.7%), Iron: 1.27mg (7.05%), Potassium: 219.62mg (6.27%), Magnesium: 21.58mg (5.4%), Copper: 0.07mg (3.4%), Phosphorus: 29.27mg (2.93%), Vitamin B2: 0.05mg (2.69%), Vitamin B1: 0.04mg (2.36%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.21mg (2.05%), Zinc: 0.24mg (1.62%), Vitamin B3: 0.21mg (1.04%)