



Pear, Beet, and Gorgonzola Green Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 beets peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups bosc pears firm thinly sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 4 ounces gorgonzola blue crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 teaspoon salt
- ☐ 1 large shallots peeled chopped
- ☐ 5 ounce spring-greens mix

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat oven to 350
- ☐ Wash beets, leaving wet, and wrap individually in foil. Arrange beets in roasting pan or on baking sheet; bake 90 minutes or until tender (poke a thin-bladed knife through foil to test). Cool in foil. (To cook on stovetop, place beets in saucepan and cover with water; bring to a boil and cook over medium heat until tender. Cool. This takes less time than baking--45 minutes to an hour.) Dice beets.
- ☐ Toss pears with lemon juice in a small bowl; cover, and refrigerate up to 2 hours.
- ☐ Place diced roasted beets and cheese in 2 separate bowls; cover, and refrigerate up to 2 hours.
- ☐ Combine oil and next 5 ingredients in a bowl, stirring with whisk.
- ☐ Remove pears, beets, and cheese from refrigerator 15 minutes before serving; bring to room temperature.
- ☐ Place greens in a bowl; top with pears, beets, and cheese, and drizzle with vinaigrette.

Nutrition Facts



 **PROTEIN 8.8%**  **FAT 53.84%**  **CARBS 37.36%**

Properties

Glycemic Index:33.97, Glycemic Load:5.37, Inflammation Score:-4, Nutrition Score:5.74869563139%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 177.84kcal (8.89%), Fat: 11.03g (16.97%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 13.97g (5.08%), Sugar: 10.81g (12.01%), Cholesterol: 10.63mg (3.54%), Sodium: 273.21mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Fiber: 3.24g (12.98%), Vitamin C: 9.56mg (11.58%), Folate: 41.17µg (10.29%), Calcium: 92.27mg (9.23%), Phosphorus: 84.61mg (8.46%), Manganese: 0.17mg (8.33%), Vitamin K: 8.13µg (7.75%), Vitamin E: 1.12mg (7.48%), Potassium: 250.85mg (7.17%), Vitamin A: 337.79IU (6.76%), Vitamin B2: 0.09mg (5.53%), Copper: 0.1mg (5.14%), Magnesium: 17.99mg (4.5%), Vitamin B6: 0.09mg (4.37%), Selenium: 2.82µg (4.03%), Zinc: 0.6mg (3.97%), Vitamin B5: 0.35mg (3.54%), Iron: 0.63mg (3.47%), Vitamin B12: 0.17µg (2.88%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.01%)