



Pear, Blue Cheese, and Walnut Salad with Smoked Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large bartlett pears red thinly sliced
- ☐ 0.1 teaspoon pepper black
- ☐ 1 ounce cheese blue crumbled
- ☐ 0.5 cup celery chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 1.5 teaspoons olive oil
- ☐ 1 cup grapes red seedless halved

- ☐ 4 cups gourmet salad greens
- ☐ 0.1 teaspoon salt
- ☐ 2 cups strips turkey breast smoked 2-inch 10 ounces
- ☐ 2 tablespoons walnuts chopped
- ☐ 2 tablespoons water

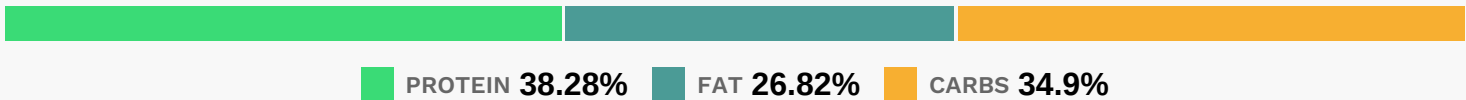
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl, and stir with a whisk.
- ☐ Add turkey, grapes, celery, and pears, tossing well to coat. Arrange 1 cup greens on each of 4 plates; divide grape mixture evenly over greens.
- ☐ Sprinkle each serving with 1 tablespoon cheese and 1 1/2 teaspoons walnuts.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:18.121739117996%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 297.91kcal (14.9%), Fat: 9.05g (13.93%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 22.08g (8.03%), Sugar: 17.27g (19.19%), Cholesterol: 69.19mg (23.06%), Sodium: 421.14mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.13%), Vitamin B3: 12.39mg (61.93%), Vitamin B6: 1.06mg (52.94%), Selenium: 28.5µg (40.71%), Phosphorus: 363.27mg (36.33%), Vitamin C: 15.94mg (19.32%), Potassium: 621.16mg (17.75%), Fiber: 4.41g (17.64%), Manganese: 0.35mg (17.35%), Vitamin B2: 0.29mg (17.02%),

Copper: 0.31mg (15.37%), Vitamin K: 14.83µg (14.13%), Zinc: 2.1mg (14.02%), Vitamin B12: 0.83µg (13.86%),
Magnesium: 54.9mg (13.73%), Vitamin A: 646.86IU (12.94%), Vitamin B5: 1.21mg (12.14%), Folate: 42.65µg (10.66%),
Calcium: 84.21mg (8.42%), Iron: 1.47mg (8.14%), Vitamin B1: 0.11mg (7.5%), Vitamin E: 0.58mg (3.88%), Vitamin D:
0.15µg (1.02%)