



Pear & Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup athenos cheese blue crumbled
- 2 pears fresh sliced
- 0.5 cup pinenuts toasted
- 1 onion red sliced
- 10 oz torn salad greens mixed
- 0.5 cup lite raspberry vinaigrette dressing kraft

Equipment

Directions

- Toss salad greens with all remaining ingredients except dressing.
- Serve topped with dressing.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:1.85, Inflammation Score:-4, Nutrition Score:5.6839131214049%

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 Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 109.25kcal (5.46%), Fat: 6.63g (10.21%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.36g (3.4%), Sugar: 6.72g (7.47%), Cholesterol: 5.06mg (1.69%), Sodium: 189.91mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Manganese: 0.67mg (33.38%), Vitamin C: 8.98mg (10.88%), Phosphorus: 83.45mg (8.35%), Vitamin A: 384.63IU (7.69%), Copper: 0.14mg (6.97%), Magnesium: 25.21mg (6.3%), Fiber: 1.54g (6.16%), Vitamin K: 5.41µg (5.15%), Folate: 19.8µg (4.95%), Zinc: 0.73mg (4.86%), Potassium: 163.69mg (4.68%), Vitamin E: 0.69mg (4.61%), Calcium: 46.14mg (4.61%), Vitamin B2: 0.07mg (3.97%), Iron: 0.66mg (3.67%), Vitamin B6: 0.06mg (3.19%), Vitamin B1: 0.04mg (2.96%), Vitamin B3: 0.59mg (2.96%), Vitamin B5: 0.2mg (2.03%), Selenium: 1.23µg (1.76%), Vitamin B12: 0.08µg (1.37%)