



Pear, chicory & blue cheese salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small heads endive green red (we used a mix of and pale)
- ☐ 2 pears firm cored ripe quartered
- ☐ 1 juice of lemon
- ☐ 1 handful parsley chopped
- ☐ 50 g walnut halves
- ☐ 2 tbsp walnut oil
- ☐ 100 g cheese blue well (Stichelton, Stilton or Barkham all work)

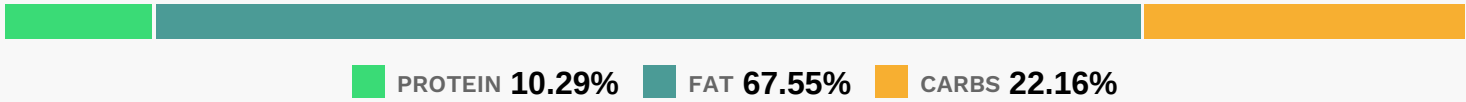
Equipment

☐ bowl

Directions

- ☐ Discard the outer leaves from the chicory and slice in half lengthways.
- ☐ Cut out the base root, then slice into long, thin slivers and rinse. Pat dry and put in a bowl.
- ☐ Cut each pear quarter into 3 and toss with a little lemon juice to prevent discolouring.
- ☐ Add to the bowl with the parsley and walnut halves.
- ☐ Make a dressing by mixing the walnut oil with the remaining lemon juice and seasoning, then add to the bowl. Toss everything together, then plate up, crumbling over the cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:4.3, Inflammation Score:-4, Nutrition Score:8.7021738886833%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 283.02kcal (14.15%), Fat: 22.28g (34.27%), Saturated Fat: 6.08g (38.03%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 12.76g (4.64%), Sugar: 9.33g (10.37%), Cholesterol: 18.75mg (6.25%), Sodium: 289.49mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Manganese: 0.48mg (23.92%), Vitamin K: 24.58µg (23.41%), Calcium: 154.61mg (15.46%), Phosphorus: 152.14mg (15.21%), Fiber: 3.68g (14.73%), Copper:

0.29mg (14.27%), Vitamin C: 8.29mg (10.04%), Vitamin B2: 0.14mg (8.25%), Magnesium: 32.83mg (8.21%), Folate: 31.92µg (7.98%), Zinc: 1.16mg (7.75%), Vitamin B6: 0.14mg (6.95%), Potassium: 238.77mg (6.82%), Vitamin A: 321.86IU (6.44%), Selenium: 4.34µg (6.2%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.31µg (5.08%), Vitamin B1: 0.06mg (4.27%), Iron: 0.68mg (3.77%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.31mg (2.05%)