



Pear Cucumber Salad with Balsamic and Shaved Romano Cheese

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar (preferably aged)
- 2 cups cucumber diced english
- 2 tablespoons parsley fresh chopped
- 2 teaspoons olive oil
- 2 cups pears diced
- 4 servings romaine lettuce
- 4 ounces romano

4 servings salt and pepper

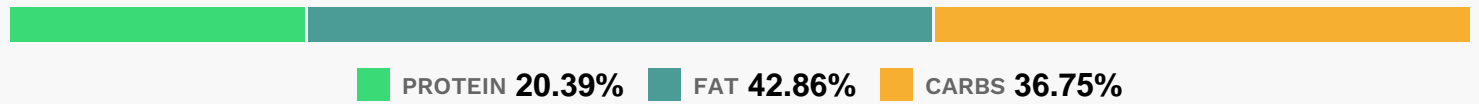
Equipment

peeler

Directions

- Combine pears, cucumber, vinegar, parsley, and oil. Season to taste with salt and black pepper. Using a vegetable peeler, shave Romano over top before serving.
- Spoon over crisp romaine lettuce.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:18.727391312952%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 203.29kcal (10.16%), Fat: 10.08g (15.5%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 14.83g (5.39%), Sugar: 11.15g (12.39%), Cholesterol: 29.48mg (9.83%), Sodium: 545.63mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.57%), Vitamin A: 7764.36IU (155.29%), Vitamin K: 133.82µg (127.45%), Calcium: 350.31mg (35.03%), Folate: 129.9µg (32.47%), Phosphorus: 265.78mg (26.58%), Fiber: 4.61g (18.43%), Vitamin C: 10.98mg (13.31%), Potassium: 424.25mg (12.12%), Vitamin B2: 0.2mg (11.88%), Manganese: 0.23mg (11.57%), Magnesium: 37.88mg (9.47%), Iron: 1.53mg (8.49%), Zinc: 1.14mg (7.6%), Copper: 0.14mg (7.09%), Selenium: 4.69µg (6.7%), Vitamin B6: 0.13mg (6.65%), Vitamin B1: 0.1mg (6.47%), Vitamin B12: 0.32µg (5.29%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.59mg (3.94%), Vitamin B3: 0.49mg (2.47%)