



Pear, Date, and Manchego Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 bosc pears ripe
- ☐ 6 dates pitted finely chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 1 ounce manchego cheese shaved
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 cup gourmet salad greens
- ☐ 0.3 teaspoon salt

- ☐ 2 teaspoons sherry vinegar
- ☐ 2 tablespoons walnuts chopped

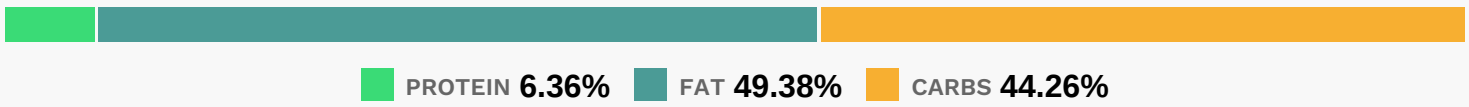
Equipment

- ☐ whisk

Directions

- ☐ Arrange salad greens on each of 4 plates. Finely chop pears; toss with lemon juice. Divide pear, chopped dates, and chopped walnuts evenly among salads.
- ☐ Combine olive oil, vinegar, salt, and black pepper, stirring with a whisk.
- ☐ Drizzle evenly over salads. Top each salad with 1/4 ounce shaved Manchego cheese.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:7.69, Inflammation Score:-3, Nutrition Score:4.8247826514037%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg 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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 192.64kcal (9.63%), Fat: 11.22g (17.26%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 18.67g (6.79%), Sugar: 15.53g (17.25%), Cholesterol: 7.58mg (2.53%), Sodium: 192.51mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Fiber: 3.96g (15.83%), Manganese: 0.27mg (13.27%), Calcium: 94.86mg (9.49%), Copper: 0.18mg (9.04%), Vitamin C: 7.23mg (8.77%), Vitamin K: 7.6µg (7.24%), Potassium: 215.83mg (6.17%), Vitamin E: 0.91mg (6.05%), Magnesium: 20.11mg (5.03%), Folate: 17.34µg (4.33%),

Vitamin B6: 0.08mg (3.97%), Phosphorus: 38.89mg (3.89%), Vitamin A: 177.37IU (3.55%), Iron: 0.53mg (2.92%),
Vitamin B2: 0.04mg (2.53%), Vitamin B1: 0.04mg (2.46%), Zinc: 0.3mg (1.99%), Vitamin B3: 0.39mg (1.95%), Vitamin
B5: 0.15mg (1.5%)