



Pear, date & walnut salad with creamy stilton dressing



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 pears cored ripe quartered
- ☐ 1 juice of lime
- ☐ 100 g crème fraîche
- ☐ 300 g coarsely stilton cheese crumbled room temperature
- ☐ 1 tbsp ginger (from a jar of ginger in syrup)
- ☐ 100 g walnuts
- ☐ 12 dates good chopped (Medjool are)

- ☐ 6 servings walnut oil for drizzling
- ☐ 225 g the salad mixed
- ☐ 1 large watercress divided

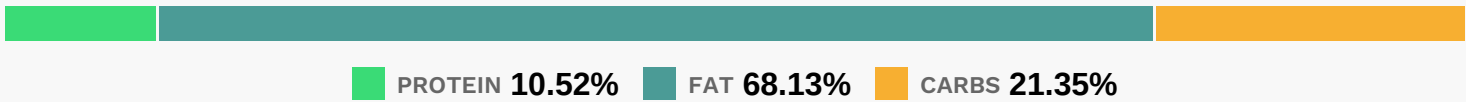
Equipment

- ☐ bowl

Directions

- ☐ Cut the pear quarters into thin slices and toss in a bowl with the lime juice to help protect their natural colour. Blend the crme frache with half the stilton, ginger syrup to taste, and enough water (3-4 tbsp) to give a smooth, thick coating consistency. (Dont add too much water or it may separate.)
- ☐ Scatter the pear slices over six serving plates and follow with the walnuts, dates and remaining cheese. Can be prepared to this stage up to an hour ahead.
- ☐ Drizzle each salad with a little of the dressing and some walnut oil. Season with a grinding of pepper you shouldnt need salt, as the cheese is salty.
- ☐ Mix the salad leaves and watercress very lightly with just a bit more dressing some leaves should be touched by the dressing, some untouched. Gently pile the leaves on top of each salad.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:14.418260714282%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg 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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg

0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 540.67kcal (27.03%), Fat: 42.67g (65.64%), Saturated Fat: 13.36g (83.5%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 25.05g (9.11%), Sugar: 18.91g (21.01%), Cholesterol: 47.33mg (15.78%), Sodium: 591.74mg (25.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Manganese: 0.71mg (35.69%), Calcium: 316.6mg (31.66%), Phosphorus: 299.02mg (29.9%), Copper: 0.41mg (20.63%), Fiber: 5.04g (20.16%), Vitamin A: 946.14IU (18.92%), Vitamin C: 14.58mg (17.67%), Vitamin B2: 0.3mg (17.44%), Folate: 58.74µg (14.69%), Magnesium: 56.81mg (14.2%), Zinc: 2.12mg (14.11%), Potassium: 493.15mg (14.09%), Selenium: 9.36µg (13.37%), Vitamin B6: 0.26mg (13.11%), Vitamin B5: 1.2mg (11.96%), Vitamin B12: 0.64µg (10.75%), Vitamin K: 8.74µg (8.33%), Vitamin B1: 0.11mg (7.04%), Iron: 1.2mg (6.68%), Vitamin B3: 1.26mg (6.28%), Vitamin E: 0.49mg (3.27%), Vitamin D: 0.25µg (1.67%)