



Pear, Fennel, and Blue Cheese Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounces cheese blue crumbled
- ☐ 0.3 cup wine dry red (such as Chianti)
- ☐ 1 medium fennel bulb cored trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

☐ 4 pears such as bosc or anjou, cored and cut into 1/2-inch cubes

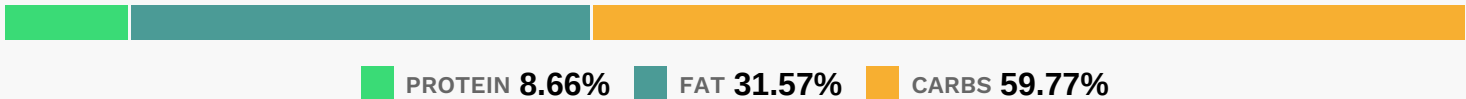
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ To make glaze, combine the vinegar, wine, and sugar in a heavy, large saucepan. Bring mixture to a boil over medium heat. Boil until syrupy and reduced to 2 tablespoons, about 13 minutes.
- ☐ Remove mixture from heat and set aside to cool.
- ☐ Slice the fennel bulb paper thin, using a sharp knife or a food processor fitted with a slicing disk. Toss fennel with olive oil and salt.
- ☐ Combine the fennel mixture, pear, and blue cheese in a large bowl, tossing to mix.
- ☐ Place about 1 cup of salad on each of 6 plates.
- ☐ Sprinkle with black pepper.
- ☐ Drizzle with glaze as desired.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:8.53, Inflammation Score:-3, Nutrition Score:7.0665216951267%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.53mg, Epicatechin: 5.53mg, Epicatechin: 5.53mg, Epicatechin: 5.53mg Epicatechin 3-gallate: 0.02mg,

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Nutrients (% of daily need)

Calories: 191.44kcal (9.57%), Fat: 6.65g (10.23%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 23.41g (8.51%), Sugar: 19.35g (21.5%), Cholesterol: 10.63mg (3.54%), Sodium: 288.51mg (12.54%), Alcohol: 1.05g (100%), Alcohol %: 0.62% (100%), Protein: 4.1g (8.2%), Vitamin K: 31.59µg (30.09%), Fiber: 4.91g (19.64%), Vitamin C: 9.78mg (11.86%), Calcium: 114.4mg (11.44%), Potassium: 370.94mg (10.6%), Phosphorus: 94.19mg (9.42%), Manganese: 0.18mg (9.1%), Copper: 0.14mg (6.91%), Folate: 23.97µg (5.99%), Vitamin B2: 0.1mg (5.74%), Magnesium: 21.92mg (5.48%), Vitamin E: 0.74mg (4.94%), Iron: 0.78mg (4.35%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.4mg (3.98%), Vitamin B6: 0.08mg (3.87%), Vitamin A: 190.54IU (3.81%), Selenium: 2.48µg (3.54%), Vitamin B3: 0.59mg (2.94%), Vitamin B12: 0.17µg (2.88%), Vitamin B1: 0.02mg (1.49%)