



Pear-Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 ounce goat cheese crumbled
- ☐ 4 ounces salad greens mixed packed
- ☐ 1 comice pear firm ripe peeled coarsely chopped
- ☐ 0.3 cup raspberry vinaigrette low-fat (such as Newman's Own)

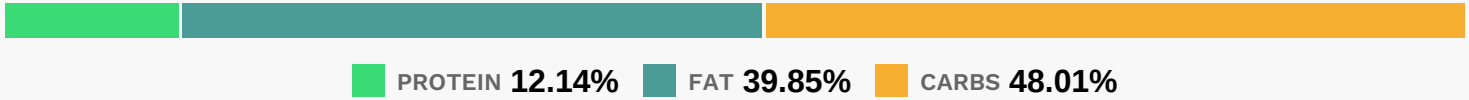
Equipment

- ☐ bowl

Directions

☐ In a large bowl, combine greens, pear, goat cheese, and vinaigrette. Toss well, and transfer to serving plates; top with almonds.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:4.4991304058096%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 95.36kcal (4.77%), Fat: 4.45g (6.84%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 9.96g (3.62%), Sugar: 7.79g (8.65%), Cholesterol: 3.26mg (1.09%), Sodium: 163.93mg (7.13%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.05g (6.09%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.54mg (10.25%), Manganese: 0.2mg (10.08%), Fiber: 2.1g (8.39%), Vitamin A: 406.45IU (8.13%), Copper: 0.16mg (8.09%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 62.2mg (6.22%), Magnesium: 22.89mg (5.72%), Folate: 16.98µg (4.25%), Potassium: 144.37mg (4.12%), Iron: 0.61mg (3.37%), Calcium: 33.08mg (3.31%), Vitamin B6: 0.06mg (3.06%), Vitamin B3: 0.47mg (2.33%), Zinc: 0.35mg (2.32%), Vitamin B1: 0.03mg (2.04%), Vitamin K: 2.09µg (1.99%), Vitamin B5: 0.13mg (1.31%)