



Pear, Hazelnut, and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pears such as anjou green ripe unpeeled thinly sliced
- 2 bartlett pears red ripe unpeeled thinly sliced
- 4 ounce cheese blue crumbled
- 1 cup hazelnuts in the skins whole
- 8 servings raspberry vinaigrette
- 8 cups salad greens mixed green red (such as leaf, leaf, Bibb)

Equipment

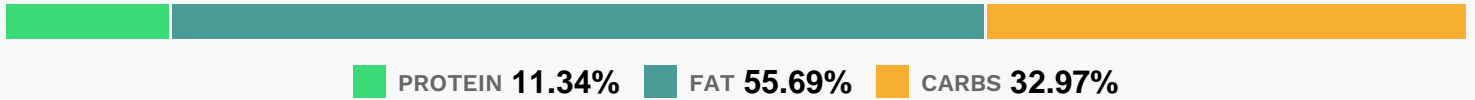
- bowl

- frying pan
- oven
- kitchen towels
- colander

Directions

- Place hazelnuts in an ungreased 15" x 10" x 1" jellyroll pan.
- Bake at 350 for 12 to 15 minutes or until skins begin to split.
- Transfer hot nuts to a colander, and cover with a kitchen towel. Rub nuts briskly with towel to remove skins; chop nuts.
- Combine salad greens, sliced pears, hazelnuts, and blue cheese in a large bowl; toss gently.
- Pour Raspberry Vinaigrette over salad just before serving; toss gently.
- Sprinkle with freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:10.420869587556%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg 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: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 13.35g (20.54%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 13.57g (4.93%), Sugar: 9.58g (10.65%), Cholesterol: 10.63mg (3.54%), Sodium: 183.09mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Manganese: 1.02mg (51.21%), Copper: 0.35mg (17.74%), Vitamin C: 14.1mg (17.09%), Fiber: 4.21g (16.86%), Vitamin E: 2.39mg (15.95%), Phosphorus:

124.19mg (12.42%), Vitamin A: 589.14IU (11.78%), Folate: 42.64µg (10.66%), Calcium: 105.15mg (10.52%), Magnesium: 37.9mg (9.47%), Potassium: 303.65mg (8.68%), Vitamin B1: 0.12mg (8.22%), Vitamin B6: 0.16mg (8.22%), Vitamin B2: 0.11mg (6.72%), Iron: 1.17mg (6.48%), Zinc: 0.91mg (6.06%), Vitamin K: 6.12µg (5.83%), Vitamin B5: 0.47mg (4.71%), Vitamin B3: 0.78mg (3.9%), Selenium: 2.66µg (3.81%), Vitamin B12: 0.17µg (2.88%)