



Pear Kimchi and Blue Cheese Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 teaspoon garlic grated
- ☐ 1 teaspoon ginger grated
- ☐ 2 green onions sliced
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon oil
- ☐ 2 cups pear kimchi

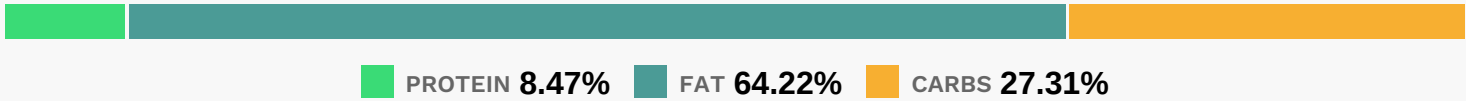
- ☐ 1 pepper flakes red sliced
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon sesame seed
- ☐ 1 teaspoon shallots diced finely
- ☐ 2 teaspoons soya sauce
- ☐ 0.3 cup asian vinaigrette (see below)

Equipment

Directions

- ☐ Toss the arugula, green onions and red chili pepper in the vinaigrette.
- ☐ Add the pear kimchi sprinkle on the blue cheese and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:100.01, Glycemic Load:5.24, Inflammation Score:-7, Nutrition Score:10.773478178874%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 248.71kcal (12.44%), Fat: 18.48g (28.43%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 14.24g (5.18%), Sugar: 11.02g (12.25%), Cholesterol: 12.66mg (4.22%), Sodium: 370.68mg

(16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin K: 57.83µg (55.07%), Vitamin C: 24.06mg (29.17%), Vitamin A: 790.67IU (15.81%), Calcium: 156.55mg (15.65%), Fiber: 3.45g (13.78%), Vitamin E: 1.69mg (11.26%), Phosphorus: 110.91mg (11.09%), Manganese: 0.22mg (11.01%), Folate: 40.3µg (10.07%), Copper: 0.2mg (9.9%), Potassium: 287.96mg (8.23%), Vitamin B6: 0.16mg (8.03%), Magnesium: 31.55mg (7.89%), Vitamin B2: 0.13mg (7.55%), Iron: 1.09mg (6.04%), Zinc: 0.86mg (5.74%), Selenium: 3.81µg (5.45%), Vitamin B5: 0.47mg (4.66%), Vitamin B3: 0.76mg (3.78%), Vitamin B1: 0.05mg (3.62%), Vitamin B12: 0.21µg (3.43%)