



Pear, Pancetta, and Walnut Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large anjou pear red cored unpeeled sliced quartered
- ☐ 8 cups boston lettuce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 ounces pancetta thinly sliced chopped
- ☐ 0.5 small shallots minced
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 0.8 teaspoon coriander seeds whole

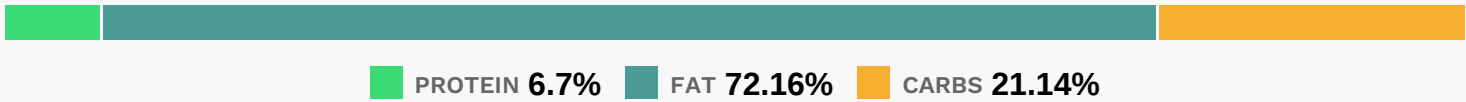
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen towels
- ☐ mortar and pestle

Directions

- ☐ Toast coriander seeds in small skillet over medium heat until aromatic, about 2 minutes.
- ☐ Transfer to mortar and grind coarsely with pestle.
- ☐ Transfer to small bowl.
- ☐ Mix in lemon juice and shallot. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
- ☐ Heat heavy medium skillet over medium-high heat.
- ☐ Add pancetta and sauté until crisp, about 4 minutes.
- ☐ Transfer to paper-towel-lined plate.
- ☐ Place lettuce in large bowl. (Dressing, pancetta, and lettuce can be prepared 2 hours ahead.
- ☐ Let dressing and pancetta stand at room temperature. Cover lettuce with damp kitchen towel and refrigerate.)
- ☐ Toss lettuce with dressing. Top with pear slices, then walnuts and pancetta.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:14.831304245669%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin:

0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 234.94kcal (11.75%), Fat: 19.87g (30.56%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 9.46g (3.44%), Sugar: 7.08g (7.86%), Cholesterol: 7.02mg (2.34%), Sodium: 76.85mg (3.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin K: 111.37µg (106.07%), Vitamin A: 3332.12IU (66.64%), Manganese: 0.47mg (23.71%), Folate: 86µg (21.5%), Fiber: 3.64g (14.56%), Vitamin E: 1.86mg (12.43%), Potassium: 377.15mg (10.78%), Iron: 1.76mg (9.78%), Vitamin C: 8.05mg (9.75%), Copper: 0.19mg (9.54%), Vitamin B6: 0.18mg (8.94%), Phosphorus: 84.22mg (8.42%), Vitamin B1: 0.12mg (8.12%), Magnesium: 31.97mg (7.99%), Vitamin B2: 0.1mg (5.81%), Calcium: 52.02mg (5.2%), Vitamin B3: 0.98mg (4.88%), Selenium: 3.29µg (4.7%), Zinc: 0.64mg (4.27%), Vitamin B5: 0.29mg (2.93%)