



Pear, Prosciutto, and Pine Nut Salad

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 purée of usa bartlett pear ripe sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 cups torn boston lettuce
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 ounces pancetta thinly sliced cut into thin strips (2/3 cup)

- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons sugar

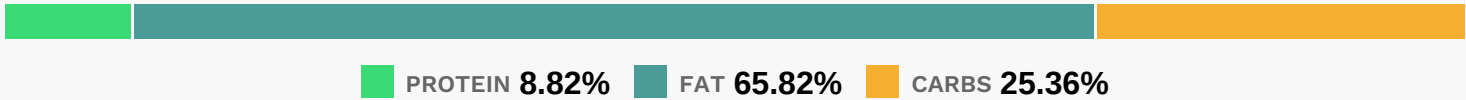
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir with a whisk.
- ☐ Divide lettuce evenly among 4 individual plates; top evenly with prosciutto, pear slices, and pine nuts.
- ☐ Drizzle 1 1/2 tablespoons dressing over each salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:3.92, Inflammation Score:-9, Nutrition Score:15.929130409075%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 202.14kcal (10.11%), Fat: 15.26g (23.48%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 10.33g (3.76%), Sugar: 8.28g (9.19%), Cholesterol: 9.36mg (3.12%), Sodium: 194.7mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin K: 110.88µg (105.6%), Vitamin A: 3334.17IU (66.68%), Manganese: 0.97mg (48.71%), Folate: 78.69µg (19.67%), Fiber: 2.9g (11.62%), Phosphorus: 110.56mg (11.06%), Iron: 1.97mg (10.94%), Potassium: 374.9mg (10.71%), Vitamin E: 1.59mg (10.62%), Magnesium: 40.62mg (10.16%), Vitamin B1: 0.14mg (9.06%), Copper: 0.17mg (8.67%), Vitamin B6: 0.14mg (7.04%), Vitamin C: 5.73mg (6.95%), Vitamin B3: 1.38mg (6.91%), Zinc: 0.97mg (6.45%), Vitamin B2: 0.11mg (6.23%), Selenium: 4.21µg (6.01%), Calcium: 45.05mg (4.51%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.07µg (1.18%)