



## Pear & Raspberry Vinaigrette Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup athenos feta cheese crumbled traditional
- 2 medium pears thinly sliced
- 0.3 cup planters pecans toasted chopped
- 10 oz torn salad greens
- 0.5 cup lite raspberry vinaigrette dressing kraft

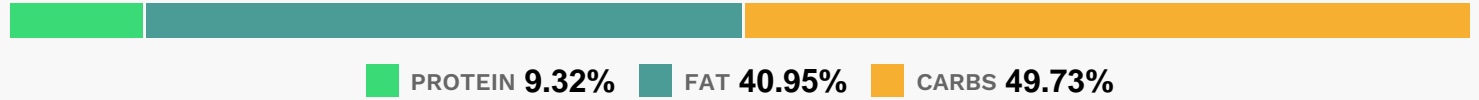
### Equipment

- bowl

## Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:4.92, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:2.3065217176209%

## Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 48.38kcal (2.42%), Fat: 2.31g (3.55%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.42g (1.97%), Sugar: 4.05g (4.5%), Cholesterol: 4.45mg (1.48%), Sodium: 131.47mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin C: 5.42mg (6.57%), Manganese: 0.11mg (5.74%), Vitamin A: 242.66IU (4.85%), Fiber: 0.89g (3.58%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 31.64mg (3.16%), Calcium: 30.4mg (3.04%), Folate: 10.62µg (2.65%), Copper: 0.05mg (2.52%), Vitamin B6: 0.05mg (2.33%), Potassium: 69.9mg (2%), Zinc: 0.28mg (1.88%), Vitamin B1: 0.03mg (1.81%), Magnesium: 6.69mg (1.67%), Vitamin B12: 0.08µg (1.41%), Iron: 0.24mg (1.31%), Selenium: 0.91µg (1.3%), Vitamin K: 1.19µg (1.14%), Vitamin B3: 0.21mg (1.06%)