



Pear Salad with and Bacon, Gorgonzola and Candied Walnuts

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup candied spicy walnuts; 8
- ☐ 2 slices bacon crumbled cooked (and)
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup gorgonzola crumbled ()
- ☐ 1 green onions sliced ()
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon maple syrup

- ☐ 2 pears cored sliced (and)
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon walnut oil (or olive oil)

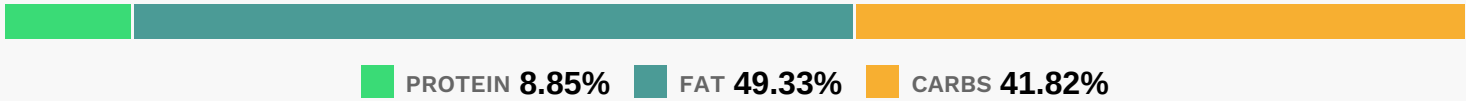
Equipment

- ☐ bowl

Directions

- ☐ Assemble salad.
- ☐ Mix the lemon juice, oil, maple syrup, dijon mustard, salt and pepper in a small bowl.
- ☐ Toss the salad with the dressing to coat.

Nutrition Facts



Properties

Glycemic Index:41.06, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:4.0695652689623%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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 Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 169.76kcal (8.49%), Fat: 9.65g (14.85%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 15.13g (5.5%), Sugar: 12.09g (13.44%), Cholesterol: 9.26mg (3.09%), Sodium: 388.81mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Fiber: 3.29g (13.17%), Vitamin K: 10.84µg (10.32%),

Vitamin C: 5.85mg (7.09%), Phosphorus: 56.29mg (5.63%), Calcium: 55.14mg (5.51%), Selenium: 3.59µg (5.13%),
Vitamin B2: 0.09mg (5.02%), Manganese: 0.1mg (4.77%), Potassium: 159.27mg (4.55%), Copper: 0.08mg (4.21%),
Vitamin B3: 0.66mg (3.31%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.43mg (2.89%), Folate: 11.53µg (2.88%), Vitamin B1:
0.04mg (2.75%), Magnesium: 10.89mg (2.72%), Iron: 0.43mg (2.39%), Vitamin B5: 0.22mg (2.21%), Vitamin A:
108.64IU (2.17%), Vitamin B12: 0.13µg (2.16%), Vitamin E: 0.18mg (1.21%)