



Pear Salad with Chiangbai Ants

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

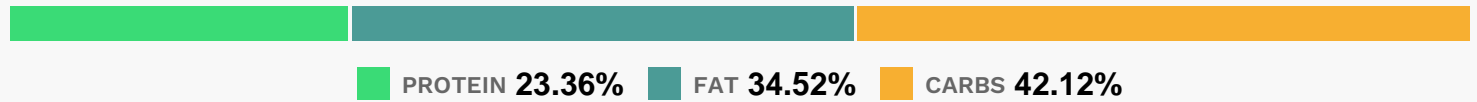
- 3 cups baby spinach washed and dried
- 2 tablespoons balsamic vinegar
- 1 cup parmesan shaved
- 2 pears cored crisp peeled sliced
- 0.5 cup bell pepper red chopped
- 2 tablespoons shallots finely chopped
- 4 tablespoons frangelico dried
- 4 tablespoons frangelico dried

Equipment

Directions

- On four salad plates, arrange the spinach, adding a layer of pear slices to the heap.
- Sprinkle the bell pepper and shallots over the pears. Splash each salad with about 1/2 tablespoon of balsamic vinegar.
- Add the shaved cheese to the salads and sprinkle the ants over the cheese.
- Feeling antsy? Your salads are now ready to be served.
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Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:5.4, Inflammation Score:-9, Nutrition Score:16.692608680414%

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 Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 169.39kcal (8.47%), Fat: 6.73g (10.35%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 14.67g (5.33%), Sugar: 11.34g (12.6%), Cholesterol: 17mg (5.67%), Sodium: 422.35mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Vitamin K: 113.97µg (108.54%), Vitamin A: 2910.67IU (58.21%), Vitamin C: 34.39mg (41.68%), Calcium: 331.6mg (33.16%), Phosphorus: 204.57mg (20.46%),

Folate: 61.9µg (15.47%), Fiber: 3.81g (15.22%), Manganese: 0.3mg (14.77%), Magnesium: 39.25mg (9.81%), Vitamin B2: 0.17mg (9.74%), Potassium: 316.75mg (9.05%), Selenium: 6.02µg (8.6%), Vitamin B6: 0.16mg (8.19%), Iron: 1.17mg (6.51%), Zinc: 0.97mg (6.46%), Vitamin E: 0.91mg (6.1%), Copper: 0.12mg (5.99%), Vitamin B12: 0.3µg (5%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.25mg (2.45%)