



## Pear Salad with Gorgonzola Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons apple cider vinegar
- 4 cups baby arugula washed
- 0.8 cup gorgonzola crumbled
- 1 tablespoon honey
- 3 tablespoons olive oil
- 18 ounce pear halves drained cut into large dice canned
- 0.3 cup yogurt plain
- 0.3 cup cup heavy whipping cream sour

3 tablespoons walnuts

## Equipment

mixing bowl

## Directions

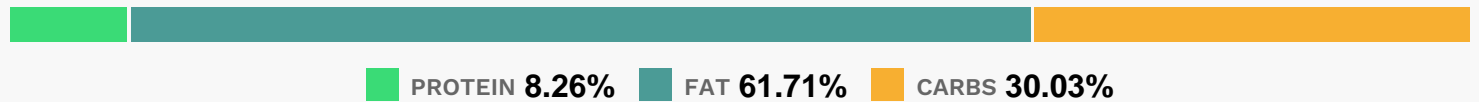
Divide arugula between 4 plates and top with pears.

In a medium mixing bowl, combine vinegar, oil, honey, sour cream and yogurt. Fold in Gorgonzola.

Drizzle dressing over salad.

Garnish each plate with walnuts and serve.

## Nutrition Facts



## Properties

Glycemic Index:56.76, Glycemic Load:8.48, Inflammation Score:-6, Nutrition Score:10.869130479253%

## Flavonoids

Cyanidin: 2.83mg, Cyanidin: 2.83mg, Cyanidin: 2.83mg, Cyanidin: 2.83mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg 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: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

## Nutrients (% of daily need)

Calories: 350.5kcal (17.53%), Fat: 25.07g (38.57%), Saturated Fat: 7.69g (48.06%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 22.67g (8.24%), Sugar: 18.71g (20.79%), Cholesterol: 26.36mg (8.79%), Sodium: 262.96mg (11.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.09%), Vitamin K: 34.69µg (33.04%), Manganese: 0.42mg (20.89%), Calcium: 196.96mg (19.7%), Fiber: 4.79g (19.15%), Phosphorus: 160.24mg (16.02%), Vitamin A: 774.37IU (15.49%), Vitamin E: 1.92mg (12.8%), Copper: 0.25mg (12.71%), Folate: 45.35µg (11.34%), Vitamin

B2: 0.19mg (11.2%), Vitamin C: 8.82mg (10.69%), Potassium: 361.85mg (10.34%), Magnesium: 39mg (9.75%), Zinc: 1.17mg (7.8%), Vitamin B6: 0.14mg (6.95%), Vitamin B5: 0.67mg (6.7%), Selenium: 4.55µg (6.5%), Vitamin B12: 0.35µg (5.76%), Iron: 0.93mg (5.15%), Vitamin B1: 0.06mg (4.21%), Vitamin B3: 0.6mg (2.99%)