



## Pear Salad with Hazelnuts and Sage

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup crème fraîche (see Note)
- 0.5 cup cranberries dried
- 2 tablespoons sage leaves fresh cut into thin strips
- 0.5 cup hazelnuts
- 1 tablespoon honey
- 4 asian pears cut into wedges
- 3 cups gourmet salad greens mixed loosely packed
- 0.5 teaspoon salt

2 tablespoons balsamic vinegar white

## Equipment

baking sheet

oven

whisk

kitchen towels

colander

## Directions

Place hazelnuts on an ungreased baking sheet.

Bake at 350 for 15 minutes or until skins split.

Place hazelnuts in a colander. Rub hazelnuts briskly with a kitchen towel to remove skins; discard skins. Coarsely chop hazelnuts.

Whisk together crme frache and next 3 ingredients. Arrange salad greens and pear wedges on salad plates.

Drizzle evenly with dressing; sprinkle with hazelnuts, cranberries, and sage.

Note: To make your own crme frache, stir together 1/2 cup whipping cream and 1 tablespoon buttermilk. Cover and let stand at room temperature 8 hours. Then store in refrigerator up to 10 days.

## Nutrition Facts



**PROTEIN 4.68%** **FAT 38.57%** **CARBS 56.75%**

## Properties

Glycemic Index:25.67, Glycemic Load:7.34, Inflammation Score:-5, Nutrition Score:12.206956477269%

## Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 4.48mg, Epicatechin: 4.48mg, Epicatechin: 4.48mg, Epicatechin: 4.48mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg  
Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg,  
Epigallocatechin 3-gallate: 0.31mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg,  
Isorhamnetin: 0.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin:  
1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## **Nutrients (% of daily need)**

Calories: 220.94kcal (11.05%), Fat: 10.19g (15.68%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 33.73g (11.24%),  
Net Carbohydrates: 28.4g (10.33%), Sugar: 23.66g (26.29%), Cholesterol: 11.31mg (3.77%), Sodium: 208.09mg  
(9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Copper: 6.35mg (317.73%), Manganese:  
0.94mg (47.1%), Fiber: 5.33g (21.34%), Vitamin E: 1.93mg (12.85%), Vitamin C: 10.58mg (12.83%), Magnesium:  
33.24mg (8.31%), Potassium: 285.32mg (8.15%), Vitamin A: 378.27IU (7.57%), Vitamin K: 7.7µg (7.33%), Folate:  
28.23µg (7.06%), Phosphorus: 68.31mg (6.83%), Vitamin B1: 0.1mg (6.37%), Iron: 1.14mg (6.34%), Calcium: 59.83mg  
(5.98%), Vitamin B6: 0.12mg (5.96%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.53mg (3.53%), Vitamin B3: 0.56mg  
(2.79%), Vitamin B5: 0.26mg (2.63%), Selenium: 1.24µg (1.77%)