



Pear Salad with Raspberry Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 head bibb lettuce
- ☐ 6 bacon crumbled cooked
- ☐ 0.1 teaspoon dijon mustard
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup freshly parmesan cheese shredded
- ☐ 4 pears firm ripe
- ☐ 0.5 cup raspberries fresh
- ☐ 0.3 cup raspberry preserves

- ☐ 3 tablespoons red wine vinegar
- ☐ 1 small head romaine lettuce
- ☐ 0.8 cup cup heavy whipping cream sour

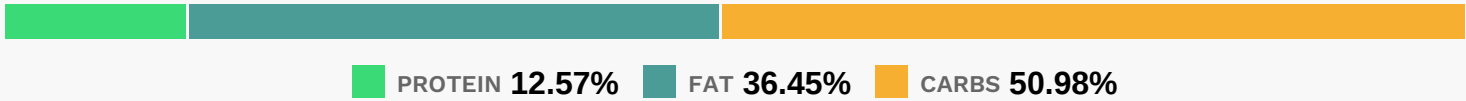
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients. Set dressing aside.
- ☐ Peel pears, if desired; quarter pears.
- ☐ Brush with lemon juice.
- ☐ Arrange lettuce on 4 plates. Arrange pear quarters over lettuce.
- ☐ Drizzle with dressing; sprinkle with cheese, bacon, and raspberries.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:16.16, Inflammation Score:-10, Nutrition Score:26.107391139735%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 394.67kcal (19.73%), Fat: 16.75g (25.77%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 42.21g (15.35%), Sugar: 32.33g (35.92%), Cholesterol: 45.82mg (15.27%), Sodium: 441.2mg (19.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Vitamin A: 15401.54IU (308.03%), Vitamin K: 211.96µg (201.87%), Folate: 265.51µg (66.38%), Fiber: 10.49g (41.96%), Vitamin C: 24.57mg (29.78%), Calcium: 284.03mg (28.4%), Manganese: 0.53mg (26.33%), Phosphorus: 257.9mg (25.79%), Potassium: 866.67mg (24.76%), Vitamin B2: 0.34mg (20.07%), Selenium: 12.06µg (17.22%), Vitamin B1: 0.25mg (16.55%), Iron: 2.86mg (15.87%), Vitamin B6: 0.31mg (15.51%), Magnesium: 58.33mg (14.58%), Copper: 0.29mg (14.46%), Vitamin B3: 2.36mg (11.8%), Zinc: 1.56mg (10.38%), Vitamin B5: 0.77mg (7.7%), Vitamin B12: 0.37µg (6.19%), Vitamin E: 0.9mg (6%)