

**11%**  
HEALTH SCORE

## Pear Salad With Walnuts and Blue Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup cheese blue crumbled (125g 4 oz)
- 2 teaspoons chives chopped
- 4 cups salad leaves curly endive mixed sliced (90g 3 oz)
- 2 teaspoons juice of lemon
- 3 pears cored peeled
- 0.3 cup safflower oil (60 mL/2 fl oz)
- 0.3 cup walnut oil (60mL/2fl oz)
- 0.5 cup walnuts chopped (60g 2 oz)

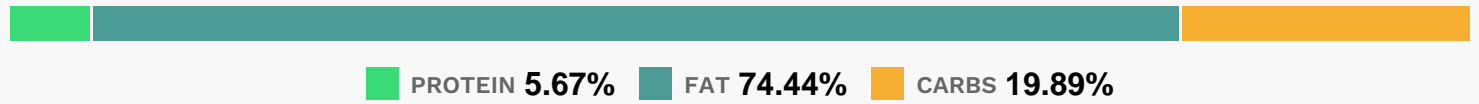
# Equipment

bowl

# Directions

- Cut base of pears so as to stand straight. Arrange a pear and salad leaves in individual bowls. Scatter an amount of celery in each bowl.
- Combine all dressing ingredients and pour over the salads.
- Sprinkle cheese and walnuts on top of each salad equally.

# Nutrition Facts



# Properties

Glycemic Index:21.46, Glycemic Load:4.17, Inflammation Score:-9, Nutrition Score:14.863043478261%

# Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

# Nutrients (% of daily need)

Calories: 322.93kcal (16.15%), Fat: 27.98g (43.05%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 12.06g (4.39%), Sugar: 9.27g (10.3%), Cholesterol: 8.44mg (2.81%), Sodium: 145.49mg (6.33%), Protein: 4.79g (9.59%), Vitamin K: 106.37µg (101.3%), Vitamin A: 2030.31IU (40.61%), Vitamin E: 4.09mg (27.29%), Manganese: 0.52mg (26.05%), Fiber: 4.76g (19.04%), Copper: 0.33mg (16.58%), Vitamin C: 12.79mg (15.51%), Folate: 57.19µg (14.3%), Calcium: 110.71mg (11.07%), Phosphorus: 103.95mg (10.39%), Potassium: 317.74mg (9.08%),

Magnesium: 34.46mg (8.62%), Vitamin B5: 0.68mg (6.83%), Vitamin B2: 0.11mg (6.75%), Vitamin B6: 0.13mg (6.65%), Zinc: 0.83mg (5.55%), Vitamin B1: 0.07mg (4.52%), Iron: 0.79mg (4.36%), Selenium: 2.3µg (3.29%), Vitamin B3: 0.54mg (2.69%), Vitamin B12: 0.14µg (2.29%)