



Pear, Stilton, and Chicory Salad with Crispy Chestnuts

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups chicory (curly endive)
- 2 teaspoon dijon mustard
- 4 tablespoons olive oil
- 4 firm-ripe pears red
- 28 ounce roasted whole shelled
- 8 servings salt and pepper black freshly ground
- 3 tablespoons shallots finely chopped

- 2 tablespoon sherry vinegar
- 8 ounces coarsely stilton cheese crumbled

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat 2 tablespoons oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then saute 1/2 the chestnuts with salt and pepper, to taste, stirring, until crisp on outside (being careful not to burn or cook until hard), about 4 minutes. Make other batch the same way.
- Remove from heat.
- Halve and core pears, then cut lengthwise into thin slices.
- Whisk together mustard, vinegar, and salt and pepper, to taste, in a large bowl and add remaining 6 tablespoons oil in a slow stream, whisking until emulsified.
- Whisk in shallot.
- Add chicory, chestnuts, pears, and Stilton and toss until evenly coated. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:4.31, Inflammation Score:-9, Nutrition Score:24.424347742744%

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 Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 356.71kcal (17.84%), Fat: 19.45g (29.92%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 12.27g (4.46%), Sugar: 9.4g (10.44%), Cholesterol: 83.77mg (27.92%), Sodium: 407.06mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.8%), Vitamin K: 120.62µg (114.88%), Vitamin A: 2384.02IU (47.68%), Selenium: 32.27µg (46.1%), Vitamin B6: 0.88mg (43.77%), Phosphorus: 365.33mg (36.53%), Vitamin B1: 0.49mg (32.38%), Vitamin B3: 6.34mg (31.68%), Vitamin B2: 0.36mg (20.96%), Potassium: 721.67mg (20.62%), Calcium: 203.07mg (20.31%), Zinc: 2.81mg (18.75%), Fiber: 4.46g (17.83%), Vitamin B5: 1.72mg (17.24%), Vitamin C: 13.15mg (15.94%), Folate: 59.07µg (14.77%), Vitamin E: 2.17mg (14.46%), Vitamin B12: 0.85µg (14.2%), Copper: 0.26mg (12.92%), Magnesium: 51.51mg (12.88%), Manganese: 0.24mg (12.19%), Iron: 1.25mg (6.96%), Vitamin D: 0.54µg (3.59%)