



Pear, Toasted Walnut and Mixed Green Salad with Champagne-Cranberry Vinaigrette

 Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup champagne
- 1 teaspoon dijon mustard
- 0.5 cup cranberries dried
- 6 cups lettuce greens mixed
- 4 servings salt and ground pepper black
- 2 tablespoons olive oil
- 2 pears diced cored

- 0.3 cup shallots minced
- 0.5 cup walnuts halved
- 0.5 cup jellied cranberry sauce canned

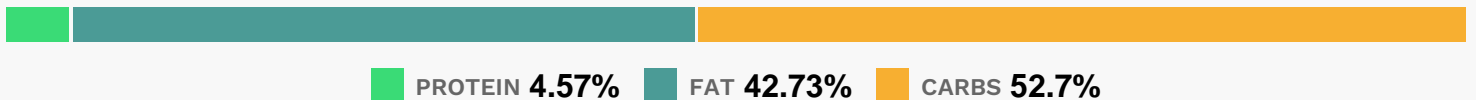
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Toast walnuts in a small dry skillet over medium heat (it will take about 3 minutes).
- In a small saucepan, combine Champagne, cranberry sauce, shallots, Dijon mustard and oil.
- Whisk together. Set pan over high heat and bring to a boil. Simmer until reduced to about 1/3 cup (about 5 minutes).
- Remove from heat and season to taste with salt and black pepper.
- Place greens in a large bowl. Top with pears, toasted walnuts and dried cranberries.
- Drizzle over cranberry vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:4.78, Inflammation Score:-7, Nutrition Score:10.1399999990878%

Flavonoids

Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 346.29kcal (17.31%), Fat: 16.98g (26.12%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 41.63g (15.14%), Sugar: 32.71g (36.35%), Cholesterol: 0mg (0%), Sodium: 37.04mg (1.61%), Alcohol: 1.89g (100%), Alcohol %: 0.9% (100%), Protein: 4.09g (8.18%), Manganese: 0.75mg (37.63%), Vitamin C: 19.51mg (23.64%), Fiber: 5.48g (21.92%), Copper: 0.37mg (18.63%), Vitamin A: 723.5IU (14.47%), Vitamin E: 1.87mg (12.48%), Folate: 48.54µg (12.13%), Vitamin B6: 0.22mg (11.05%), Magnesium: 44.07mg (11.02%), Potassium: 366.78mg (10.48%), Phosphorus: 102.1mg (10.21%), Vitamin K: 10.47µg (9.97%), Iron: 1.53mg (8.5%), Vitamin B1: 0.1mg (6.47%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.78mg (5.23%), Calcium: 41.98mg (4.2%), Vitamin B3: 0.82mg (4.11%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.94µg (2.78%)