



## Pear Waldorf Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 cups purée of usa bartlett pear coarsely chopped () ( 2 pears)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon mayonnaise light
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1 cup grapes red seedless
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons walnuts chopped

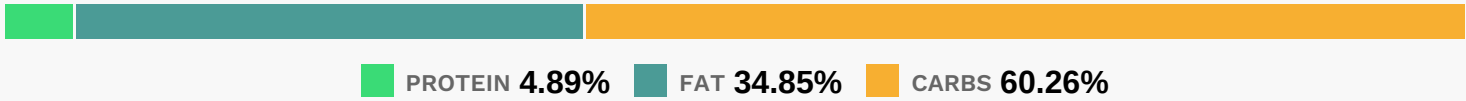
## Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir until smooth.
- ☐ Combine pear, grapes, walnuts, and mayonnaise mixture in a large bowl; toss gently.
- ☐ Serve salad over arugula or mixed greens, if desired.
- ☐ Fruit, 1 Fat

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:3.7947825731143%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 119.61kcal (5.98%), Fat: 4.85g (7.46%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.01g (5.82%), Sugar: 12.93g (14.37%), Cholesterol: 2.66mg (0.89%), Sodium: 108.16mg (4.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Fiber: 2.85g (11.39%), Manganese: 0.22mg (11.2%), Vitamin K: 10.22µg (9.73%), Copper: 0.18mg (9.2%), Vitamin C: 4.89mg (5.93%), Potassium: 179.96mg (5.14%), Vitamin B6: 0.08mg (3.97%), Magnesium: 15.49mg (3.87%), Phosphorus: 37.44mg (3.74%), Vitamin B1: 0.05mg (3.63%), Vitamin B2: 0.06mg (3.5%), Folate: 10.9µg (2.73%), Calcium: 23.76mg (2.38%), Iron: 0.43mg (2.36%), Vitamin E: 0.29mg (1.92%), Zinc: 0.27mg (1.8%), Vitamin A: 67.72IU (1.35%), Vitamin B3: 0.25mg (1.24%)