



Pear & Walnuts with Mixed Greens

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



79 kcal

SIDE DISH

Ingredients

- 0.3 cup athenos cheese blue crumbled
- 1 pears cored ripe sliced
- 0.5 cup seasons dressing mix italian good prepared
- 10 oz torn salad greens mixed
- 0.3 cup planters walnut pieces toasted

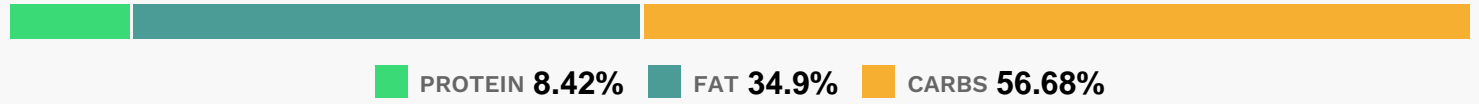
Equipment

- bowl

Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:2.634347812637%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 78.61kcal (3.93%), Fat: 2.92g (4.49%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.92g (3.61%), Sugar: 1.83g (2.03%), Cholesterol: 2.53mg (0.84%), Sodium: 933.62mg (40.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin C: 7.38mg (8.95%), Manganese: 0.15mg (7.52%), Vitamin A: 352.84IU (7.06%), Folate: 15.82µg (3.95%), Copper: 0.08mg (3.83%), Phosphorus: 36.37mg (3.64%), Fiber: 0.75g (2.99%), Potassium: 90.95mg (2.6%), Calcium: 25.97mg (2.6%), Vitamin B6: 0.05mg (2.46%), Magnesium: 9.76mg (2.44%), Vitamin B2: 0.04mg (2.12%), Zinc: 0.26mg (1.72%), Iron: 0.31mg (1.7%), Vitamin B1: 0.02mg (1.44%), Vitamin B3: 0.25mg (1.26%), Vitamin B5: 0.12mg (1.18%), Selenium: 0.76µg (1.09%)