

Perfect Pear Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



755 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 anjou pear cored peeled cut lengthwise into 1/4-inch-thick slices
- ☐ 5 ounces asiago cheese grated
- ☐ 4 cups baby spinach loosely packed ()
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon sea salt
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup bell pepper red cut into fine dice

- ☐ 2 tablespoons shallots minced
- ☐ 10 slices bacon thick-cut cut into large dice

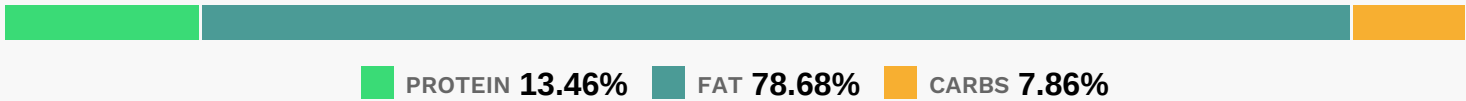
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ In a large skillet over moderately high heat, sauté the bacon, stirring occasionally, until crisp, 10 to 12 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate to drain. Set aside.
- ☐ In a medium bowl, whisk together the oil, vinegar, salt, and pepper. In a large bowl, toss the spinach with half the dressing.
- ☐ Divide the spinach among 4 plates. Top with the pear slices.
- ☐ Sprinkle the bacon, cheese, red pepper, and shallot over each plate.
- ☐ Drizzle with the remaining dressing and serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:25.427391446155%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.13mg

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 754.74kcal (37.74%), Fat: 66.12g (101.72%), Saturated Fat: 20.72g (129.51%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 12.26g (4.46%), Sugar: 8.31g (9.23%), Cholesterol: 83.5mg (27.83%), Sodium: 1338.43mg (58.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.88%), Vitamin K: 161.16µg (153.48%), Vitamin A: 3717.98IU (74.36%), Calcium: 465.81mg (46.58%), Vitamin C: 34.58mg (41.92%), Phosphorus: 406.54mg (40.65%), Selenium: 26.49µg (37.84%), Vitamin E: 4.45mg (29.66%), Vitamin B3: 4.2mg (20.99%), Vitamin B6: 0.41mg (20.73%), Vitamin B1: 0.3mg (20.27%), Manganese: 0.37mg (18.61%), Folate: 74.07µg (18.52%), Vitamin B2: 0.28mg (16.22%), Zinc: 2.32mg (15.47%), Magnesium: 58.52mg (14.63%), Vitamin B12: 0.88µg (14.59%), Potassium: 504.74mg (14.42%), Iron: 1.93mg (10.74%), Fiber: 2.61g (10.43%), Vitamin B5: 0.78mg (7.76%), Copper: 0.14mg (6.86%), Vitamin D: 0.54µg (3.58%)