



Perfectly Pear Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1.5 heads boston lettuce
- ☐ 2.5 tablespoons champagne vinegar
- ☐ 1 tablespoon sadaf grapeseed oil
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 pears cored ripe sliced lengthwise thin
- ☐ 0.3 cup simple syrup glaze (see preparation note below)
- ☐ 0.8 cup walnut pieces

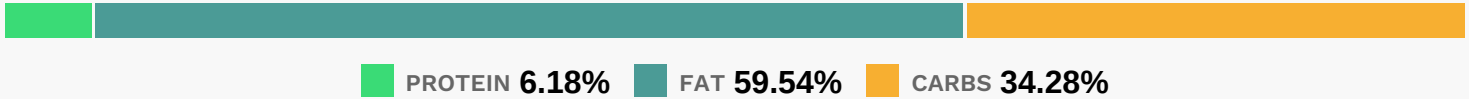
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ For the dressing, whisk or blend the oil, syrup, vinegar, and salt. Adjust dressing to taste, if needed.For the salad, heat the 1 tablespoon of oil over medium-low heat.
- ☐ Add the walnuts and sauté for a few minutes.
- ☐ Add the brown sugar and cook until caramelized.In a large bowl, toss the salad dressing with the greens, pear slices, walnuts, and sugar, until well coated.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:12.400869576827%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 253.85kcal (12.69%), Fat: 17.96g (27.62%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 21.09g (7.67%), Sugar: 19.66g (21.85%), Cholesterol: 0mg (0%), Sodium: 453.4mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.39%), Vitamin K: 63.12µg (60.12%), Manganese: 0.87mg (43.33%), Vitamin A: 2029.3IU (40.59%), Copper: 0.37mg (18.33%), Folate: 67.65µg (16.91%), Iron: 2.23mg (12.38%), Magnesium: 45.82mg (11.45%), Phosphorus: 99.23mg (9.92%), Vitamin B1: 0.14mg (9.26%), Fiber: 2.16g (8.66%), Vitamin B6: 0.17mg (8.63%), Vitamin E: 1.28mg (8.55%), Potassium: 270.95mg (7.74%), Vitamin C: 5.5mg (6.66%), Zinc: 0.85mg (5.66%), Vitamin B2: 0.08mg (4.97%), Calcium: 49.4mg (4.94%), Vitamin B3: 0.5mg (2.48%), Selenium: 1.63µg (2.33%), Vitamin B5: 0.23mg (2.31%)