



Persimmon-Pear Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups bibb lettuce
- ☐ 2 bosc pears ripe sliced
- ☐ 12 dates pitted coarsely chopped
- ☐ 2 fuyu persimmons sliced
- ☐ 8 servings honey-cider vinaigrette
- ☐ 0.5 cup walnut halves

Equipment

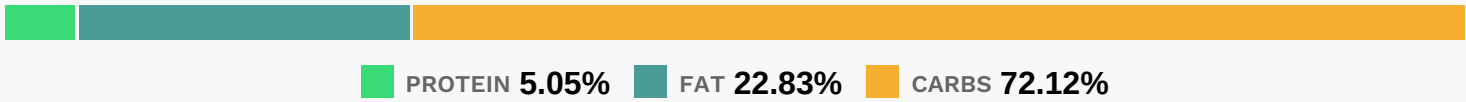
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through. Cool 10 minutes.
- ☐ Layer lettuce, pears, and next 2 ingredients in a container or on a serving platter.
- ☐ Sprinkle with toasted walnuts.
- ☐ Drizzle with Honey-Cider Vinaigrette just before serving.
- ☐ Sprinkle with salt and pepper to taste.
- ☐ Orange-Pear Salad: Substitute 2 oranges, peeled and sectioned, for persimmons. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:15.78, Inflammation Score:-8, Nutrition Score:10.493913002636%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg 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 Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 183.92kcal (9.2%), Fat: 5.15g (7.92%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.32g (12.12%), Sugar: 17.4g (19.34%), Cholesterol: 0mg (0%), Sodium: 4mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 53.59µg (51.04%), Vitamin C: 31.66mg (38.37%), Vitamin A: 1669.64IU (33.39%), Manganese: 0.39mg (19.68%), Fiber: 3.27g (13.09%), Folate: 48.92µg (12.23%), Iron: 2.1mg (11.66%), Potassium: 405.59mg (11.59%), Copper: 0.18mg (9.25%), Phosphorus: 64.85mg (6.49%),

Magnesium: 25.82mg (6.46%), Vitamin B6: 0.11mg (5.61%), Calcium: 44.53mg (4.45%), Vitamin B1: 0.06mg (4.28%),
Vitamin B2: 0.06mg (3.71%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.47mg (2.37%), Vitamin B5: 0.21mg (2.05%),
Selenium: 1.07µg (1.53%), Vitamin E: 0.2mg (1.33%)