



Poached Pear and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1 teaspoon peppercorns whole black
- 2 medium bosc pear firm
- 1.5 ounces cheese blue crumbled
- 1 medium bay leaves dried
- 5 cups salad leaves curly endive mixed
- 0.3 teaspoon granulated sugar
- 1 teaspoon kosher salt as needed plus more

- 1 tablespoon liquid sweetener
- 1 tablespoon olive oil extra virgin extra-virgin
- 2.5 cups red wine fruity such as zinfandel
- 1 tablespoon red wine vinegar
- 3.5 inch rosemary leaves fresh
- 0.5 cup walnuts toasted coarsely chopped
- 0.5 cup water

Equipment

- frying pan
- sauce pan
- knife
- mixing bowl

Directions

- Combine all of the ingredients except the pears in a medium saucepan and bring to a boil over high heat, stirring until the sugar has completely dissolved, about 8 minutes. Meanwhile, peel the pears, leaving the stems intact. When the poaching liquid boils, reduce the heat to low and add the pears, laying them on their sides so that they are almost completely submerged. Turn the pears occasionally so that they cook evenly and poach until they just give way when pierced with a knife, about 5 minutes.
- Remove the pan from the heat. Cool the pears in the poaching liquid for 20 minutes, rotate them, and leave for 20 minutes more.
- Place the greens in a large mixing bowl, add the dressing, and toss to coat. Divide the greens among serving plates. Top with the reserved diced pear, walnuts, and cheese, then serve.

Nutrition Facts



PROTEIN 8.62% **FAT 51.81%** **CARBS 39.57%**

Properties

Glycemic Index:35.64, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:12.780434776907%

Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 5.48mg, Catechin: 5.48mg, Catechin: 5.48mg, Catechin: 5.48mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 190.21kcal (9.51%), Fat: 8.29g (12.75%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 10.8g (3.93%), Sugar: 7.52g (8.36%), Cholesterol: 3.99mg (1.33%), Sodium: 370.91mg (16.13%), Alcohol: 7.95g (100%), Alcohol %: 5.39% (100%), Protein: 3.1g (6.21%), Vitamin K: 97.64µg (92.99%), Vitamin A: 1877.82IU (37.56%), Manganese: 0.6mg (29.9%), Fiber: 3.44g (13.76%), Copper: 0.27mg (13.53%), Folate: 48.71µg (12.18%), Vitamin C: 9.78mg (11.85%), Potassium: 341.78mg (9.77%), Magnesium: 36.62mg (9.16%), Phosphorus: 85.12mg (8.51%), Calcium: 83.74mg (8.37%), Vitamin E: 1.08mg (7.22%), Vitamin B6: 0.14mg (7.15%), Iron: 1.11mg (6.15%), Vitamin B2: 0.1mg (5.95%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.67mg (4.5%), Vitamin B1: 0.06mg (3.69%), Vitamin B3: 0.55mg (2.76%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.06µg (1.08%)