



Poached Pear and Greens Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bartlett pears firm cored peeled
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.5 cup golden california raisins
- ☐ 2 teaspoons honey dijon mustard
- ☐ 2 strips lemon rind (2-inch)
- ☐ 8 cups salad greens mixed
- ☐ 2 strips orange rind (2-inch)

- ☐ 1 inch onion red separated
- ☐ 750 milliliter mirin sweet
- ☐ 2 inch vanilla pod split
- ☐ 2 cups water
- ☐ 2 tablespoons balsamic vinegar white

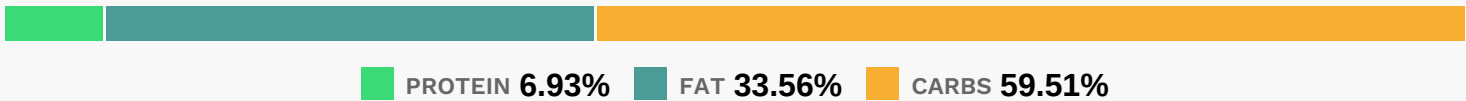
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 2 cups water and wine in a large saucepan over medium heat. Scrape seeds from vanilla bean; add seeds, bean, and next 3 ingredients (through orange rind) to pan; bring to a boil. Reduce heat, and simmer 15 minutes or until pears are tender.
- ☐ Drain and cool, and discard bean and rinds. Slice pears in half lengthwise, and cut into thin wedges.
- ☐ Place 1 cup greens on each of 8 plates. Top each serving with 1 red onion slice, 1 tablespoon raisins, 1/3 cup pears, and 1 tablespoon cheese.
- ☐ Combine oil, vinegar, and mustard in a small bowl; stir with a whisk until smooth.
- ☐ Drizzle about 1 teaspoon dressing over each salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:7.36, Inflammation Score:-6, Nutrition Score:5.2543477999127%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 205.12kcal (10.26%), Fat: 5.25g (8.08%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 18.77g (6.83%), Sugar: 12.71g (14.12%), Cholesterol: 3.26mg (1.09%), Sodium: 53.12mg (2.31%), Alcohol: 9.8g (100%), Alcohol %: 4.48% (100%), Protein: 2.44g (4.88%), Vitamin C: 12.75mg (15.46%), Manganese: 0.23mg (11.58%), Vitamin A: 544.67IU (10.89%), Fiber: 2.18g (8.71%), Copper: 0.16mg (8.19%), Potassium: 268.95mg (7.68%), Vitamin B6: 0.14mg (7.13%), Phosphorus: 68.46mg (6.85%), Magnesium: 22.81mg (5.7%), Vitamin B2: 0.09mg (5.52%), Iron: 0.97mg (5.37%), Folate: 20.44µg (5.11%), Vitamin K: 5.09µg (4.85%), Vitamin E: 0.6mg (3.98%), Calcium: 37.29mg (3.73%), Vitamin B3: 0.55mg (2.77%), Zinc: 0.35mg (2.32%), Vitamin B1: 0.03mg (1.99%), Vitamin B5: 0.18mg (1.78%)