



Poached Pear, Macadamia, and Spinach Salad with Goat Cheese



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 oz baby spinach rinsed
- ☐ 4 ounces goat cheese fresh (goat cheese)
- ☐ 1 tablespoon thyme dried
- ☐ 1 tablespoon honey
- ☐ 1 jar macadamia nuts plain salted (6 oz.;
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons rice vinegar

- ☐ 12 servings salt and pepper
- ☐ 1 tablespoon coarse mustard

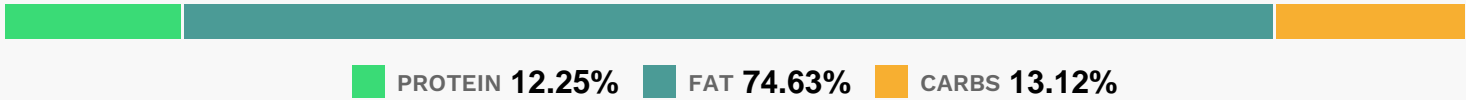
Equipment

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

Directions

- ☐ With a slotted spoon, lift pears from poaching liquid; reserve liquid. Slice pears lengthwise or cut them into about 1/2-inch chunks.
- ☐ In a large bowl, combine pears with spinach and macadamia nuts. Coarsely crumble half the cheese over salad.
- ☐ In a small bowl, whisk together olive oil, rice vinegar, 3 tablespoons reserved pear-poaching liquid (save remaining for another use; see notes), mustard, honey, and thyme.
- ☐ Pour over salad and gently mix to coat, adding salt and pepper to taste.
- ☐ Sprinkle with pomegranate seeds and crumble remaining cheese over salad.
- ☐ Poached pears: In a 5- to 6-quart pan over medium heat, combine 1 bottle (750 ml.) dry red wine, 3/4 cup sugar, 1 thin strip (3 in. by 1/2 in.) lemon peel (yellow part only), 2 star anise (or 1 teaspoon anise seeds and 1 cinnamon stick, 3 in.), and 1 vanilla bean (6 in.), split lengthwise. Bring to a simmer.
- ☐ Meanwhile, peel 3 firm-ripe Anjou pears (1 1/2 lb. total), cut in half lengthwise, and core.
- ☐ Place pears in wine mixture. Cover and simmer, turning occasionally, until pears are barely tender when pierced, about 15 minutes.
- ☐ Remove from heat and let pears cool in liquid, turning occasionally, at least 30 minutes, or cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:14.012608717317%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 96.09kcal (4.8%), Fat: 8.29g (12.75%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.73g (1.92%), Cholesterol: 4.35mg (1.45%), Sodium: 276.37mg (12.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin K: 214.91µg (204.67%), Vitamin A: 4098.67IU (81.97%), Manganese: 0.43mg (21.49%), Folate: 84.68µg (21.17%), Vitamin C: 12.13mg (14.7%), Vitamin E: 1.77mg (11.83%), Iron: 1.81mg (10.06%), Magnesium: 36.63mg (9.16%), Potassium: 245.73mg (7.02%), Vitamin B2: 0.12mg (7.01%), Copper: 0.13mg (6.49%), Calcium: 63.01mg (6.3%), Vitamin B6: 0.11mg (5.49%), Phosphorus: 47.44mg (4.74%), Fiber: 1.12g (4.49%), Vitamin B1: 0.04mg (2.99%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.38mg (1.88%), Selenium: 1.17µg (1.67%)