



# Roasted Bacon-Wrapped Pear Salad with Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup apple cider vinegar
- 2 tablespoons maple syrup
- 0.3 teaspoon salt
- 1 serving pepper black freshly ground
- 5 tablespoons olive oil
- 3 bosc pear red
- 3 oz goat cheese (goat)

- 6 slices bacon
- 1 tablespoon maple syrup
- 0.5 teaspoon pepper
- 8 cups the salad mixed
- 0.5 cup pecans toasted chopped

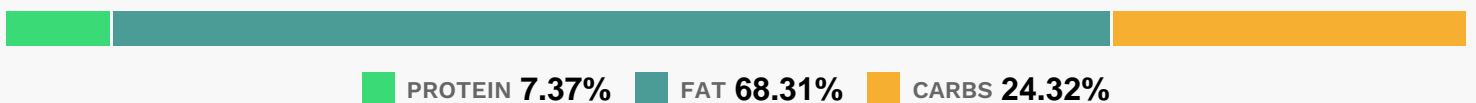
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Heat oven to 425°F.
- Place rack on cookie sheet.
- In small bowl, beat vinaigrette ingredients with whisk until well blended; set aside.
- Cut pears in half; remove core. Stuff each pear half with heaping tablespoon cheese. Wrap 1 bacon slice around each pear half.
- Brush pears with 1 tablespoon maple syrup; sprinkle with pepper.
- Place on rack on cookie sheet.
- Bake 30 to 40 minutes or until bacon is cooked.
- On each salad plate, place 1 1/3 cups of salad greens.
- Drizzle each with vinaigrette; sprinkle with pecans.
- Place 1 pear half on top of each.

## Nutrition Facts



## Properties

Glycemic Index:37.29, Glycemic Load:6.51, Inflammation Score:-6, Nutrition Score:10.521739179673%

## Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 378.12kcal (18.91%), Fat: 29.49g (45.38%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 20.02g (7.28%), Sugar: 15.16g (16.85%), Cholesterol: 21.04mg (7.01%), Sodium: 311.12mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Manganese: 0.79mg (39.37%), Vitamin C: 16.29mg (19.75%), Vitamin A: 788.3IU (15.77%), Copper: 0.31mg (15.75%), Vitamin B2: 0.26mg (15.27%), Fiber: 3.6g (14.39%), Vitamin E: 2.02mg (13.5%), Phosphorus: 123.39mg (12.34%), Vitamin K: 11.78µg (11.22%), Vitamin B1: 0.16mg (10.57%), Vitamin B6: 0.18mg (9.01%), Potassium: 308.39mg (8.81%), Selenium: 5.45µg (7.79%), Magnesium: 29.9mg (7.48%), Vitamin B3: 1.49mg (7.45%), Folate: 29.51µg (7.38%), Zinc: 1.04mg (6.94%), Iron: 1.18mg (6.55%), Calcium: 54.25mg (5.42%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.14µg (2.28%)