



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
- ☐ 6 slices bacon
- ☐ 6 servings pepper black freshly ground
- ☐ 3 bosc pear red
- ☐ 3 oz goat cheese (goat)
- ☐ 8 cups the salad mixed
- ☐ 1 tablespoon maple syrup

- ☐ 2 tablespoons maple syrup
- ☐ 5 tablespoons olive oil
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

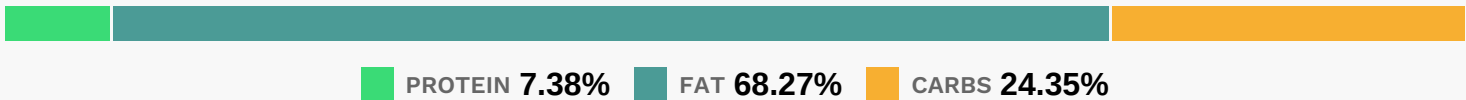
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 425F.
- ☐ 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:6.52, Inflammation Score:-6, Nutrition Score:10.566521838955%

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: 378.33kcal (18.92%), Fat: 29.5g (45.38%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 20.06g (7.29%), Sugar: 15.16g (16.85%), Cholesterol: 21.04mg (7.01%), Sodium: 311.14mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.35%), Manganese: 0.8mg (39.9%), Vitamin C: 16.29mg (19.75%), Copper: 0.32mg (15.8%), Vitamin A: 788.76IU (15.78%), Vitamin B2: 0.26mg (15.28%), Fiber: 3.62g (14.47%), Vitamin E: 2.03mg (13.5%), Phosphorus: 123.52mg (12.35%), Vitamin K: 11.92µg (11.35%), Vitamin B1: 0.16mg (10.58%), Vitamin B6: 0.18mg (9.03%), Potassium: 309.49mg (8.84%), Selenium: 5.46µg (7.8%), Magnesium: 30.04mg (7.51%), Vitamin B3: 1.49mg (7.45%), Folate: 29.52µg (7.38%), Zinc: 1.04mg (6.95%), Iron: 1.19mg (6.6%), Calcium: 54.62mg (5.46%), Vitamin B5: 0.4mg (4.01%), Vitamin B12: 0.14µg (2.28%)