



Salad with Prosciutto and Caramelized Pears and Walnuts

 **Gluten Free** Image not found or type unknown

READY IN

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ready

40 min.

SERVINGS

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servings

6

CALORIES

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calories

424 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.8 cup olive oil extra virgin
- ☐ 2 cups orange juice fresh
- ☐ 2 pears cored peeled cut into wedges
- ☐ 0.3 pound pancetta cut into thin strips
- ☐ 2 tablespoons onion red finely chopped
- ☐ 2 tablespoons red wine vinegar

- ☐ 2 baby greens rinsed
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup walnut halves
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white
- ☐ 1 tablespoon sugar white
- ☐ 1 tablespoon white wine

Equipment

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

Directions

- ☐ In a medium saucepan, heat orange juice over medium-high heat, whisking often, until it is reduced by 1/2
- ☐ Add to a blender, along with the vinegar, onion, sugar, wine, salt and pepper, and process until smooth. Then, while blending on a low speed, remove cap and slowly drizzle in the olive oil to emulsify (thicken) the dressing. Chill until ready to use.
- ☐ Melt butter in a non-stick skillet over medium heat.
- ☐ Saute pears and nuts in butter for 3 minutes.
- ☐ Add sugar and water and cook, stirring constantly, until golden brown and caramelized.
- ☐ Remove from heat and set aside to cool.
- ☐ In a large bowl, combine prosciutto, lettuce and the pear and walnut mixture.
- ☐ Add vinaigrette and toss to coat.
- ☐ Serve on a large Italian platter. Enjoy!

Nutrition Facts



Properties

Glycemic Index:56.82, Glycemic Load:20.41, Inflammation Score:-10, Nutrition Score:17.113478126733%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.89mg, Hesperetin: 9.89mg, Hesperetin: 9.89mg, Hesperetin: 9.89mg Naringenin: 1.78mg, Naringenin: 1.78mg, Naringenin: 1.78mg, Naringenin: 1.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 424.43kcal (21.22%), Fat: 27.93g (42.97%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 36.59g (13.31%), Sugar: 32.48g (36.09%), Cholesterol: 17.49mg (5.83%), Sodium: 340.18mg (14.79%), Alcohol: 0.26g (100%), Alcohol %: 0.11% (100%), Protein: 6.66g (13.33%), Vitamin A: 3530.2IU (70.6%), Vitamin C: 45.92mg (55.66%), Vitamin K: 45.27µg (43.11%), Manganese: 0.78mg (38.85%), Folate: 100.02µg (25%), Copper: 0.43mg (21.3%), Fiber: 4.16g (16.64%), Vitamin B1: 0.23mg (15.27%), Potassium: 460.23mg (13.15%), Magnesium: 52.53mg (13.13%), Phosphorus: 129.54mg (12.95%), Vitamin B6: 0.24mg (11.92%), Vitamin E: 1.2mg (8.02%), Vitamin B3: 1.53mg (7.65%), Iron: 1.36mg (7.56%), Selenium: 5.2µg (7.43%), Zinc: 1.03mg (6.86%), Vitamin B2: 0.12mg (6.8%), Calcium: 49.43mg (4.94%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.1µg (1.64%)