



Sliced Pears with Rémoulade Dollop

 Vegetarian

READY IN



21 min.

SERVINGS



12

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 12 bibb lettuce leaves
- ☐ 1 cup cheese blue crumbled
- ☐ 1 cup orange juice
- ☐ 6 pears red firm ripe sliced
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup rémoulade dressing with louisiana

Equipment

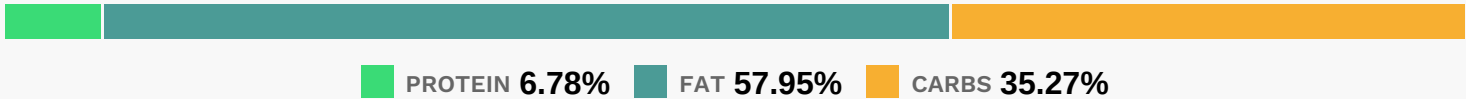
- ☐ bowl

☐ slotted spoon

Directions

- ☐ Combine pears and orange juice in a bowl.
- ☐ Place lettuce leaves on salad plates.
- ☐ Remove pear slices from bowl with a slotted spoon, pat dry, and arrange over lettuce. Spoon dressing over pears.
- ☐ Sprinkle cheese and pecans over each salad.
- ☐ Fix It Faster: For an easier salad, use fresh or canned pear halves and spoon dressing and toppings in center of each.

Nutrition Facts



Properties

Glycemic Index:10.48, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:8.468695666479%

Flavonoids

Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 227.58kcal (11.38%), Fat: 15.36g (23.63%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 17.2g (6.25%), Sugar: 14.28g (15.87%), Cholesterol: 14.84mg (4.95%), Sodium: 264.03mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin K: 30.2µg (28.76%), Manganese: 0.5mg (24.96%), Vitamin C: 14.91mg (18.07%), Fiber: 3.84g (15.35%), Vitamin A: 661.15IU (13.22%), Copper: 0.2mg (10.04%), Phosphorus: 94.4mg (9.44%), Calcium: 82.7mg (8.27%), Folate: 30.05µg (7.51%),

Potassium: 251.78mg (7.19%), Vitamin B1: 0.11mg (7.09%), Magnesium: 24.5mg (6.13%), Vitamin B2: 0.1mg (6%), Zinc: 0.87mg (5.77%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.09mg (4.26%), Selenium: 2.93µg (4.18%), Vitamin B5: 0.4mg (3.99%), Iron: 0.7mg (3.91%), Vitamin B3: 0.51mg (2.55%), Vitamin B12: 0.15µg (2.52%)