



Speedy Pear and Pecan Salad



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pears diced cored peeled
- ☐ 0.5 cup pecan halves
- ☐ 0.3 cup salad dressing italian-style
- ☐ 10 ounce italian-blend salad greens
- ☐ 0.5 cup mozzarella cheese shredded finely

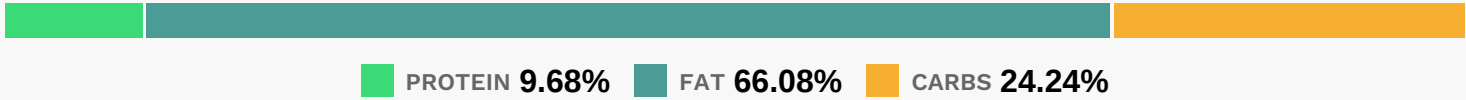
Equipment

- ☐ bowl

Directions

- ☐ Place the salad greens, pear pieces, pecans, and mozzarella cheese in a bowl.
- ☐ Pour the Italian dressing over the salad mixture, and toss to coat evenly.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:6.0317391519961%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 140.81kcal (7.04%), Fat: 10.86g (16.7%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.25g (2.64%), Sugar: 4.73g (5.25%), Cholesterol: 7.37mg (2.46%), Sodium: 200.74mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Manganese: 0.46mg (23.09%), Vitamin C: 12.38mg (15.01%), Vitamin A: 616.58IU (12.33%), Vitamin K: 9.12µg (8.69%), Phosphorus: 79.84mg (7.98%), Copper: 0.15mg (7.52%), Fiber: 1.71g (6.85%), Calcium: 63.42mg (6.34%), Folate: 22.03µg (5.51%), Zinc: 0.78mg (5.23%), Vitamin B1: 0.08mg (5.17%), Magnesium: 19.78mg (4.94%), Potassium: 167.57mg (4.79%), Vitamin B2: 0.07mg (4.03%), Vitamin B6: 0.08mg (3.78%), Vitamin B12: 0.21µg (3.55%), Iron: 0.63mg (3.53%), Selenium: 2.38µg (3.4%), Vitamin E: 0.45mg (3.03%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.16mg (1.56%)