



Spicy Green Salad with Manchego and Pears

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 small purée of usa bartlett pear red yellow with stems)
- ☐ 4 cups salad leaves curly endive french packed (curly endive)
- ☐ 1 teaspoon coarse mustard
- ☐ 1 teaspoon honey
- ☐ 0.5 pound manchego cheese with a cheese plane) shaved thin
- ☐ 0.3 cup olive oil divided
- ☐ 0.3 cup pumpkin seeds green hulled toasted () (pepitas; not)
- ☐ 4 cups radish greens such as radish greens, watercress, and/or arugula, tough stems discarded packed

☐ 3 tablespoons sherry vinegar

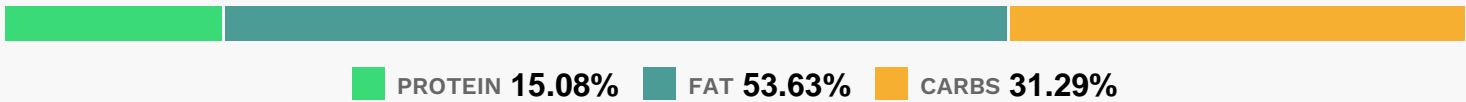
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cook seeds in 1 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until puffed and beginning to brown, about 4 minutes.
- ☐ Transfer with a slotted spoon to paper towels and reserve oil. Season seeds with salt and pepper.
- ☐ Whisk together vinegar, honey, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Add remaining 1/3 cup olive oil and reserved oil from skillet in a slow stream, whisking until emulsified.
- ☐ Divide greens and cheese among salad plates.
- ☐ Cut off 2 opposite sides of each pear (reserve for another use), leaving a 1/2-inch-thick lengthwise center slice with stem and core. Arrange a pear slice on each plate and drizzle dressing over salads.
- ☐ Sprinkle with seeds.
- ☐ Cooks' notes
- ☐ · Pumpkin seeds can be toasted 2 days ahead and kept separately from oil, covered, at room temperature.· Greens can be washed and dried 1 day ahead and chilled, wrapped in paper towels, in a sealed bag.

Nutrition Facts



Properties

Glycemic Index:16.91, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:20.4899999968073%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 354.83kcal (17.74%), Fat: 21.24g (32.68%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 21.98g (7.99%), Sugar: 15.67g (17.41%), Cholesterol: 30.33mg (10.11%), Sodium: 192.58mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.88%), Vitamin C: 108.59mg (131.63%), Vitamin K: 85.8µg (81.71%), Calcium: 657.6mg (65.76%), Vitamin B2: 0.66mg (38.87%), Vitamin A: 1628.6IU (32.57%), Fiber: 5.9g (23.6%), Vitamin B1: 0.28mg (18.55%), Magnesium: 58.97mg (14.74%), Manganese: 0.29mg (14.53%), Vitamin E: 2.1mg (14.02%), Phosphorus: 132.3mg (13.23%), Copper: 0.23mg (11.47%), Folate: 38.23µg (9.56%), Potassium: 283.77mg (8.11%), Vitamin B3: 1.46mg (7.29%), Iron: 0.94mg (5.25%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.56mg (3.74%), Vitamin B6: 0.07mg (3.51%)