



Spinach and Pear Salad with Sherry and Stilton

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb baby spinach leaves rinsed
- 0.3 cup cider vinegar
- 1 tablespoon dijon mustard
- 6 oz gorgonzola cheese crumbled
- 0.8 cup hazelnuts
- 3 firm-ripe pears rinsed (8 oz. each.)
- 0.3 cup salad oil

8 servings salt and pepper

Equipment

bowl

frying pan

whisk

Directions

In a 6- to 8-inch frying pan over medium heat, stir hazelnuts often until golden under skins, 5 to 10 minutes.

Pour onto a towel and let stand until cool enough to handle. Rub nuts in towel to remove any loose skins. Lift nuts from towel and reserve; discard skins. Coarsely chop nuts.

In a large bowl, whisk vinegar, oil, and mustard to blend.

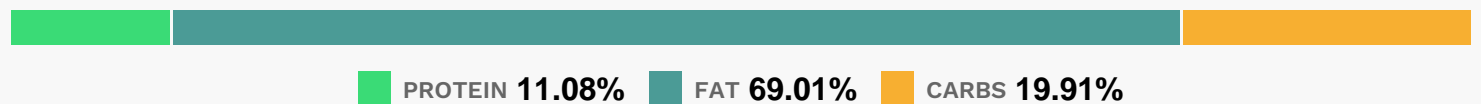
Cut pears lengthwise into quarters and core; cut quarters lengthwise into thin slices. Drop slices into bowl and mix to coat with dressing.

Add spinach and mix gently.

Sprinkle with cheese and toasted nuts and mix gently.

Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:23.026086887588%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 3.62mg,

Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 282.34kcal (14.12%), Fat: 22.65g (34.85%), Saturated Fat: 5.22g (32.62%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 10.22g (3.72%), Sugar: 7.37g (8.19%), Cholesterol: 15.95mg (5.32%), Sodium: 505.19mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.37%), Vitamin K: 285.58µg (271.98%), Vitamin A: 5499.17IU (109.98%), Manganese: 1.25mg (62.51%), Folate: 135.17µg (33.79%), Vitamin E: 4.61mg (30.74%), Vitamin C: 19.57mg (23.72%), Calcium: 189.13mg (18.91%), Magnesium: 74mg (18.5%), Fiber: 4.49g (17.95%), Copper: 0.33mg (16.65%), Phosphorus: 153.52mg (15.35%), Potassium: 531.48mg (15.19%), Iron: 2.33mg (12.93%), Vitamin B2: 0.22mg (12.92%), Vitamin B6: 0.23mg (11.49%), Vitamin B1: 0.13mg (8.95%), Zinc: 1.22mg (8.16%), Selenium: 4.62µg (6.61%), Vitamin B5: 0.55mg (5.46%), Vitamin B3: 0.95mg (4.74%), Vitamin B12: 0.26µg (4.32%)