



Spinach, Pear, and Pancetta Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces baby spinach dried washed well
- ☐ 1 bosc pear cored thinly sliced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme sprigs fresh finely chopped
- ☐ 2 ounces goat cheese fresh crumbled
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 ounces pancetta coarsely chopped
- ☐ 4 servings pepper black freshly ground

- ☐ 1 small shallots minced
- ☐ 1.5 tablespoons sherry vinegar

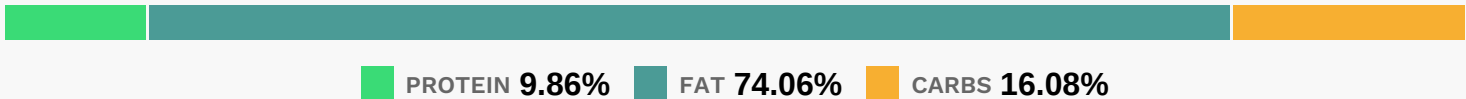
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a small frying pan over medium-high heat, cook pancetta, stirring often, until crisp, 2 to 3 minutes.
- ☐ Transfer to a paper towel to drain.
- ☐ Discard all but 1/2 tbsp. fat from pan.
- ☐ Add shallot and stir over medium-high heat until soft, 1 to 2 minutes.
- ☐ Remove from heat and whisk in oil, vinegar, mustard, and thyme. Season with salt and pepper.
- ☐ Put spinach and sliced pear in a large bowl and gently toss with dressing. Arrange salad on plates. Crumble goat cheese on top and sprinkle with pancetta.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:14.970869764038%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 229.32kcal (11.47%), Fat: 19.35g (29.77%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 7.01g (2.55%), Sugar: 5.12g (5.68%), Cholesterol: 15.88mg (5.29%), Sodium: 182.77mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Vitamin K: 179.92µg (171.35%), Vitamin A: 3498.83IU (69.98%), Manganese: 0.4mg (19.77%), Folate: 75.86µg (18.97%), Vitamin E: 2.38mg (15.85%), Vitamin C: 12.8mg (15.52%), Copper: 0.2mg (10.08%), Fiber: 2.45g (9.79%), Magnesium: 37.49mg (9.37%), Vitamin B6: 0.18mg (8.92%), Iron: 1.59mg (8.83%), Potassium: 308.07mg (8.8%), Vitamin B2: 0.15mg (8.64%), Phosphorus: 84.7mg (8.47%), Calcium: 64.25mg (6.42%), Vitamin B1: 0.09mg (5.81%), Selenium: 3.94µg (5.62%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.57mg (3.78%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.1µg (1.63%)