



# Spring Greens With Pears, Sugared Walnuts & Gorgonzola

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

## Ingredients

- 2 teaspoons brown sugar
- 2 teaspoons brown sugar
- 0.3 teaspoon garlic powder
- 8 ounces gorgonzola crumbled
- 0.5 teaspoon ground mustard
- 0.5 cup olive oil
- 2 pears cored thinly sliced

- 0.3 cup red wine vinegar
- 6 cups the salad
- 6 servings salt to taste
- 2 tablespoons sugar
- 1 cup walnut halves
- 2 teaspoons granulated sugar white

## Equipment

- bowl
- frying pan

## Directions

- Combine Spring greens, pears and herbs (if desired) in a large salad bowl. Top with cooled sugared walnuts. Right before serving, toss salad with desired amount of dressing.
- Add Gorgonzola crumbles at the very last, tossing lightly to incorporate into the salad. Sugared Walnuts: In a small pan, saute walnuts and sugar over medium heat until almonds are caramelized, stirring often (they will be light brown and coated with melted sugar), approximately 4-6 minutes.
- Combine ingredients in a jar or container with a lid and shake well.
- Pour the dressing over the salad and toss.

## Nutrition Facts



## Properties

Glycemic Index:38.16, Glycemic Load:6.88, Inflammation Score:-6, Nutrition Score:11.965652173913%

## Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin

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## Taste

Sweetness: 79.62%, Saltiness: 65.74%, Sourness: 49.35%, Bitterness: 56.02%, Savoriness: 31.28%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 367.46kcal (18.37%), Fat: 27.35g (42.08%), Saturated Fat: 8.78g (54.88%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 18.79g (6.83%), Sugar: 14.41g (16.01%), Cholesterol: 28.35mg (9.45%), Sodium: 641.9mg (27.91%), Protein: 11.84g (23.68%), Manganese: 0.77mg (38.51%), Phosphorus: 239.54mg (23.95%), Calcium: 232.99mg (23.3%), Copper: 0.4mg (19.93%), Vitamin A: 761.59IU (15.23%), Vitamin C: 12.16mg (14.74%), Folate: 52.03µg (13.01%), Fiber: 3.18g (12.71%), Vitamin B2: 0.21mg (12.39%), Magnesium: 49.55mg (12.39%), Zinc: 1.77mg (11.81%), Vitamin B6: 0.22mg (11.02%), Selenium: 7.1µg (10.14%), Potassium: 332.02mg (9.49%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.1mg (6.56%), Iron: 1.17mg (6.49%), Vitamin K: 6.22µg (5.92%), Vitamin E: 0.83mg (5.53%), Vitamin B3: 0.93mg (4.66%), Vitamin D: 0.19µg (1.26%)