




Summer Salad with Asiago, Pears, and Cashews

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup asiago cheese shaved
- 1 tablespoon balsamic vinegar
- 0.5 cup cashew pieces
- 0.5 teaspoon dijon mustard
- 5 oz the salad mixed
- 2 teaspoons honey
- 0.3 cup olive oil

- 1 medium pears ripe thinly sliced
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

Equipment

- bowl

Directions

- In small jar with tight-fitting lid, shake dressing ingredients.
- In medium bowl, toss greens with dressing; arrange on serving platter. Top with remaining salad ingredients.
- Serve immediately.

Nutrition Facts

PROTEIN 10.26% **FAT 68.37%** **CARBS 21.37%**

Properties

Glycemic Index:51.04, Glycemic Load:4.03, Inflammation Score:-5, Nutrition Score:7.4978260670019%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 242.6kcal (12.13%), Fat: 19.13g (29.43%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 11.88g (4.32%), Sugar: 7.1g (7.89%), Cholesterol: 6.8mg (2.27%), Sodium: 234.19mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Copper: 0.33mg (16.63%), Phosphorus: 162.56mg (16.26%), Manganese: 0.29mg (14.47%), Calcium: 131.77mg (13.18%), Vitamin K: 12.73µg (12.12%),

Magnesium: 48.45mg (12.11%), Vitamin E: 1.74mg (11.59%), Vitamin C: 8.19mg (9.93%), Vitamin A: 409.68IU (8.19%), Zinc: 1.13mg (7.52%), Selenium: 5.16µg (7.37%), Iron: 1.29mg (7.19%), Fiber: 1.57g (6.28%), Potassium: 190.97mg (5.46%), Vitamin B6: 0.1mg (4.85%), Vitamin B1: 0.07mg (4.82%), Folate: 17.01µg (4.25%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.21mg (2.12%), Vitamin B12: 0.12µg (2%), Vitamin B3: 0.38mg (1.92%)