

food
network



HEALTH SCORE

56%

Sweet and Bitter Greens Salad with Gorgonzola Blue Cheese Dressing



Vegetarian



Gluten Free

READY IN

**12 min.**

SERVINGS

**4**

CALORIES

**448 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bulb endive lettuce chopped
- ☐ 0.5 cup gorgonzola
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pears sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 heart romaine lettuce chopped
- ☐ 4 servings salt and pepper

- ☐ 1 bunch watercress trimmed
- ☐ 1 cup walnut pieces toasted

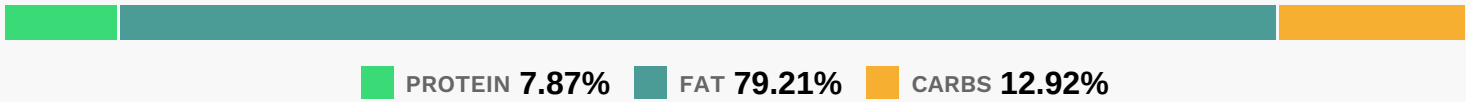
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the lettuce and walnuts. In a small bowl, whisk oil into vinegar. Stir in the cheese and pear slices. Toss salad and season with salt and pepper, to your taste.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:24.30565223357%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg 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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 12.8mg, Kaempferol: 12.8mg, Kaempferol: 12.8mg, Kaempferol: 12.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 448.07kcal (22.4%), Fat: 41.44g (63.75%), Saturated Fat: 6.99g (43.67%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 8.2g (2.98%), Sugar: 5.55g (6.17%), Cholesterol: 10.59mg (3.53%), Sodium: 386.09mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin K: 296.6µg (282.47%), Manganese: 1.52mg (76.19%), Vitamin A: 3371.76IU (67.44%), Folate: 206.7µg (51.67%), Copper: 0.63mg (31.38%), Fiber: 7.01g (28.02%), Vitamin E: 3.45mg (23.01%), Phosphorus: 199.16mg (19.92%), Magnesium: 72.05mg (18.01%), Calcium: 176.31mg (17.63%), Potassium: 611.08mg (17.46%), Vitamin C: 12.61mg (15.29%), Zinc: 2.24mg (14.92%), Vitamin B5:

1.47mg (14.75%), Vitamin B1: 0.21mg (13.99%), Vitamin B2: 0.21mg (12.12%), Iron: 2.13mg (11.81%), Vitamin B6: 0.23mg (11.46%), Selenium: 3.84µg (5.48%), Vitamin B3: 1.03mg (5.14%), Vitamin B12: 0.17µg (2.87%)