



Sweet Pear and Gorgonzola Salad with Rocket, Watercress, Walnuts, and Orange Flower Honey



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



707 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 0.5 cup ice such as sage, rocket blossoms, rose petals, or nasturtiums
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 pound gorgonzola crumbled
- ☐ 4 servings champagne grapes as needed for garnish
- ☐ 1 tablespoon juice of lemon freshly squeezed

- ☐ 2 tablespoons orange flower honey
- ☐ 4 comice pears ripe
- ☐ 1 bunch rocket dried washed stemmed
- ☐ 1 tablespoon salt
- ☐ 1 cup sugar
- ☐ 0.3 cup walnut oil
- ☐ 0.5 cup walnuts toasted coarsely chopped
- ☐ 1 bunch watercress dried washed stemmed

Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Slice the pears in half lengthwise. Rub each half with a pinch of salt. Put parchment paper on a tray just large enough to hold the pears, and spread the sugar on the paper. There should be a 1/8-inch layer.
- ☐ Put the pear halves cut side down on the sugar and bake for 1 hour. When the pears are cool enough to handle, remove the cores and slice them crosswise into 1/8-inch sections.
- ☐ Put the lemon juice in a salad bowl with salt and pepper and mix to dissolve the salt, then whisk in the oil. Arrange the slices of pear 1 pear per plate, in 1 layer in the center of the plate, leaving a 3-inch gap in the center for the watercress and the rocket. Scatter the cheese and then the walnuts over the pears, and then drizzle the honey on top of the walnuts and cheese.
- ☐ Put the watercress, rocket, and basil in the salad bowl and toss together. Then place the salad in the center of the pears.
- ☐ Garnish with the flowers.

Nutrition Facts



Properties

Glycemic Index:91.46, Glycemic Load:53.39, Inflammation Score:-8, Nutrition Score:19.16565243835%

Flavonoids

Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 11.3mg, Kaempferol: 11.3mg, Kaempferol: 11.3mg, Kaempferol: 11.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 706.67kcal (35.33%), Fat: 32.12g (49.42%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 103.89g (34.63%), Net Carbohydrates: 95.73g (34.81%), Sugar: 88g (97.78%), Cholesterol: 21.26mg (7.09%), Sodium: 2085.72mg (90.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.63%), Vitamin K: 82.03µg (78.12%), Manganese: 0.81mg (40.5%), Fiber: 8.16g (32.63%), Copper: 0.59mg (29.38%), Vitamin A: 1376.5IU (27.53%), Vitamin C: 21.68mg (26.28%), Calcium: 251.52mg (25.15%), Phosphorus: 228.52mg (22.85%), Potassium: 726.19mg (20.75%), Vitamin B2: 0.31mg (18.29%), Folate: 71.69µg (17.92%), Magnesium: 67.76mg (16.94%), Vitamin B6: 0.32mg (15.92%), Vitamin B1: 0.19mg (12.51%), Zinc: 1.64mg (10.9%), Iron: 1.83mg (10.19%), Vitamin B5: 0.88mg (8.75%), Selenium: 5.62µg (8.02%), Vitamin E: 0.88mg (5.88%), Vitamin B12: 0.35µg (5.76%), Vitamin B3: 1.12mg (5.6%)