



## Tangy Pear and Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 ounces cheese blue crumbled
- 1 cup canola oil
- 0.3 cup catsup
- 2 pears cored peeled chopped
- 0.5 onion red chopped
- 2 heads romaine lettuce chopped
- 2 teaspoons salt
- 0.5 cup walnuts toasted chopped

0.5 cup distilled vinegar white

0.8 cup sugar white

## Equipment

bowl

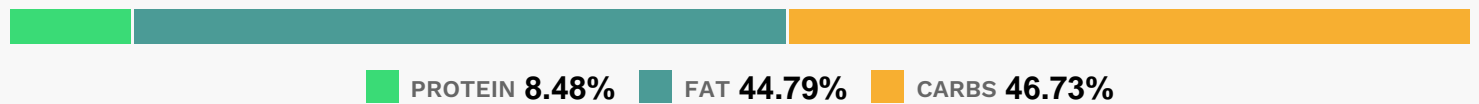
## Directions

In a small bowl, mix ketchup, vinegar, sugar, and salt. Gradually pour in oil, stirring constantly, until well blended.

In a large serving bowl, toss together lettuce, blue cheese, pears, walnuts, and red onion.

Pour dressing over salad, and toss well to coat.

## Nutrition Facts



## Properties

Glycemic Index:38.47, Glycemic Load:20.54, Inflammation Score:-10, Nutrition Score:23.897826117018%

## Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg 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 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

## Nutrients (% of daily need)

Calories: 382.99kcal (19.15%), Fat: 20.06g (30.86%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 40.01g (14.55%), Sugar: 36.8g (40.89%), Cholesterol: 14.17mg (4.72%), Sodium: 1131.96mg (49.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.09%), Vitamin A: 18404.44IU (368.09%), Vitamin K: 222.97µg (212.35%), Folate: 307.24µg (76.81%), Manganese: 0.73mg (36.31%), Fiber: 7.07g (28.28%), Potassium: 727.55mg (20.79%), Calcium: 189.66mg (18.97%), Phosphorus: 183.57mg (18.36%), Copper: 0.33mg (16.5%), Vitamin B2: 0.27mg (15.97%), Vitamin C: 12.25mg (14.85%), Vitamin B6: 0.29mg (14.37%), Iron:

2.56mg (14.25%), Magnesium: 56mg (14%), Vitamin B1: 0.2mg (13.45%), Vitamin E: 1.96mg (13.07%), Zinc: 1.39mg (9.25%), Vitamin B5: 0.73mg (7.25%), Selenium: 4.51µg (6.44%), Vitamin B3: 1.25mg (6.26%), Vitamin B12: 0.23µg (3.84%)