



Tossed Pear and Cranberry Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cranberries dried
- 1 lb pears fresh coarsely chopped
- 0.5 cup seasons dressing mix italian good divided prepared
- 6 cups torn salad greens mixed loosely packed
- 0.5 cup planters walnuts toasted chopped

Equipment

- bowl

Directions

- Toss pears with 1/4 cup dressing.
- Let stand 15 min.
- Combine greens, nuts and cranberries in large bowl.
- Add pear mixture and remaining dressing; toss lightly.
- Serve immediately.

Nutrition Facts

 **PROTEIN 4.49%**  **FAT 29.38%**  **CARBS 66.13%**

Properties

Glycemic Index:14.19, Glycemic Load:5.25, Inflammation Score:-6, Nutrition Score:8.6899999483772%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 298.77kcal (14.94%), Fat: 9.9g (15.23%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 44.85g (16.31%), Sugar: 22.44g (24.93%), Cholesterol: 0mg (0%), Sodium: 2235.8mg (97.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Manganese: 0.68mg (34.1%), Vitamin C: 19.02mg (23.05%), Fiber: 5.3g (21.19%), Copper: 0.37mg (18.25%), Vitamin A: 712.87IU (14.26%), Folate: 44.47µg (11.12%), Magnesium: 38.25mg (9.56%), Phosphorus: 88.82mg (8.88%), Potassium: 306.66mg (8.76%), Vitamin B6: 0.17mg (8.26%), Vitamin K: 6.54µg (6.22%), Iron: 1.07mg (5.93%), Vitamin B1: 0.08mg (5.56%), Vitamin B2: 0.09mg (5.04%), Zinc: 0.71mg (4.71%), Vitamin B3: 0.76mg (3.8%), Vitamin E: 0.56mg (3.71%), Calcium: 33.7mg (3.37%), Vitamin B5: 0.24mg (2.44%), Selenium: 1.16µg (1.66%)