



Winter Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cranberries dried
- 1 lb pears fresh cut into 3/4-inch cubes
- 1 env. seasons dressing mix italian good
- 8 oz torn salad greens
- 0.3 cup planters walnuts toasted chopped

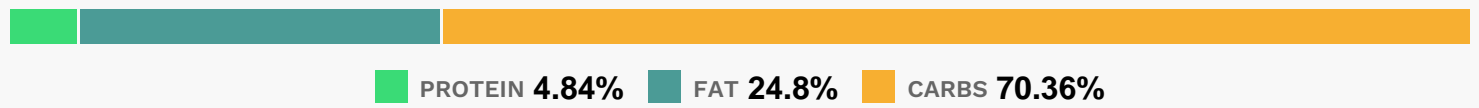
Equipment

- bowl

Directions

- Prepare dressing mix using the less oil directions as directed on envelope.
- Add 1/4 to pears in medium bowl; toss to coat.
- Let stand 15 min.
- Toss greens, cranberries and nuts with remaining dressing in large bowl.
- Add pears; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.68, Glycemic Load:2.06, Inflammation Score:-3, Nutrition Score:2.7547826300497%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg 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 Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 67.56kcal (3.38%), Fat: 2.05g (3.16%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.18g (4.06%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 14.21mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 7.26mg (8.8%), Manganese: 0.17mg (8.55%), Fiber: 1.92g (7.69%), Vitamin A: 269.57IU (5.39%), Copper: 0.1mg (4.94%), Folate: 14.43µg (3.61%), Potassium: 107.49mg (3.07%), Magnesium: 10.53mg (2.63%), Phosphorus: 24.89mg (2.49%), Vitamin B6: 0.05mg (2.47%), Vitamin K: 2.54µg (2.41%), Iron: 0.33mg (1.85%), Vitamin B2: 0.03mg (1.72%), Vitamin B1: 0.02mg (1.53%), Vitamin E: 0.2mg (1.35%), Vitamin B3: 0.26mg (1.32%), Zinc: 0.19mg (1.26%), Calcium: 10.44mg (1.04%)