

Pear-adise Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-green-salad-recipe-ideas>

Ingredients:

- 2 cups spring greens
- 1 pear ripe
- 1/2 tomato chopped
- 1/2 ounce goat cheese
- 1 ounce pecans I toasted mine with cinnamon

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 15 milligrams
9. Sugar: 5 grams

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