



Recipe Name: Pear And Walnut Salad Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• ntry	2

Preparation

- To begin making the Pear And Walnut Salad Recipe, first dry roast the walnuts in a pan or skillet for few seconds.
- Once the walnuts have become lightly crisp, turn off the heat and keep it aside.
- Tear the lettuce leaves into bite size pieces and keep aside.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	14	5	18