



Arugula and Peach Salad with Creamy Chive Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chives fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 large peaches ripe
- ☐ 1.5 tablespoons whipping cream

Equipment

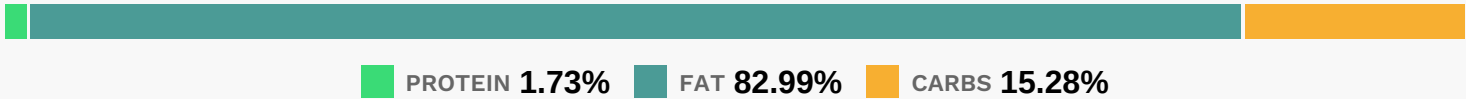
- ☐ bowl

☐ whisk

Directions

- ☐ Wash peaches, rubbing to remove fuzz.
- ☐ Cut in half; remove pits. Thinly slice peaches.
- ☐ Place peach slices in large bowl.
- ☐ Add 1/2 tablespoon lemon juice; toss.
- ☐ Whisk 1 1/2 tablespoons lemon juice and olive oil in small bowl.
- ☐ Whisk in cream, then chives. Season with salt and pepper.
- ☐ Add arugula to bowl with peaches.
- ☐ Add dressing and toss. Season with more salt and pepper, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:2.04, Inflammation Score:-3, Nutrition Score:3.2199999874701%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 162.78kcal (8.14%), Fat: 15.54g (23.91%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.49g (2%), Sugar: 5.17g (5.75%), Cholesterol: 4.24mg (1.41%), Sodium: 8.99mg (0.39%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin E: 2.49mg (16.59%), Vitamin K: 15.03µg (14.32%),

Vitamin A: 342.33IU (6.85%), Vitamin C: 5.64mg (6.84%), Fiber: 0.95g (3.78%), Copper: 0.05mg (2.51%), Potassium: 86.6mg (2.47%), Vitamin B3: 0.49mg (2.46%), Manganese: 0.04mg (2.23%), Selenium: 1.36µg (1.95%), Iron: 0.32mg (1.78%), Folate: 6.98µg (1.75%), Vitamin B2: 0.03mg (1.67%), Phosphorus: 16.7mg (1.67%), Magnesium: 6.16mg (1.54%), Vitamin B1: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.13%), Vitamin B6: 0.02mg (1.06%), Zinc: 0.16mg (1.05%)