



Avocado Salad with Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups arugula
- ☐ 2 almost-ripe avocados
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 peaches diced peeled
- ☐ 0.5 bell pepper red cored seeded
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 vanilla pod

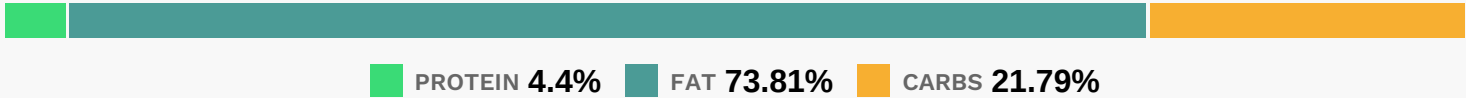
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Roast bell pepper. Peel and chop pepper; purée with red wine vinegar, vanilla, and sugar in a blender until smooth.
- ☐ With machine running, gradually add olive oil. Season with salt and pepper.
- ☐ Halve and pit avocados and season with salt and pepper.
- ☐ Drizzle with olive oil and place cut side down on a medium-hot grill until nicely charred, about 5 minutes. Peel and thickly slice.
- ☐ Toss with arugula or sorrel and peaches.
- ☐ Drizzle dressing over.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.72, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:12.346956512202%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 9.42mg, Kaempferol: 9.42mg, Kaempferol: 9.42mg, Kaempferol: 9.42mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 220.22kcal (11.01%), Fat: 19.25g (29.62%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 19.37mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Vitamin K: 50.54µg (48.13%), Vitamin C: 25.47mg (30.87%), Vitamin A: 1204.11IU (24.08%), Fiber: 5.87g (23.5%), Vitamin E: 3.32mg (22.13%), Folate: 87.7µg (21.92%), Potassium: 507.32mg (14.49%), Vitamin B6: 0.23mg (11.65%), Vitamin B5: 1.16mg (11.55%), Manganese: 0.22mg (11.23%), Copper: 0.19mg (9.44%), Magnesium: 37.35mg (9.34%), Vitamin B3: 1.75mg (8.74%), Vitamin B2: 0.13mg (7.88%), Phosphorus: 62.69mg (6.27%), Iron: 1.04mg (5.8%), Calcium: 53.79mg (5.38%), Vitamin B1: 0.07mg (4.93%), Zinc: 0.7mg (4.64%), Selenium: 1.41µg (2.01%)