



Blueberry Peach Fruit Salad with Thyme



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 peaches
- ☐ 4 nectarines
- ☐ 1 cup blueberries
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 teaspoon ginger grated
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup water

- ☐ 0.3 cup sugar sweet (depending on how the fruit is, you may be able to skip all together)
- ☐ 1 tablespoon of agave syrup in lieu of water and sugar

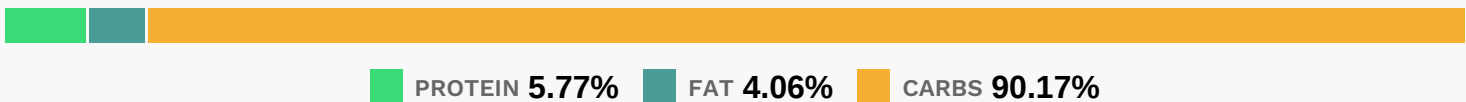
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Make simple syrup: If using water and sugar place them into a sauce pan and bring to a boil and liquid is reduced by half into a simple syrup. Allow to cool.
- ☐ Combine ingredients: Chop up the peaches and nectarines and place them in a bowl with the blueberries.
- ☐ Pour over the cooled simple syrup or agave syrup.
- ☐ Add the thyme, lemon juice, lemon zest, and ginger.
- ☐ Chill for 1 hour: Stir and cover with plastic wrap, place in the fridge and allow to macerate for one hour.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:63.34, Glycemic Load:20.46, Inflammation Score:-9, Nutrition Score:9.5465216792148%

Flavonoids

Cyanidin: 9.03mg, Cyanidin: 9.03mg, Cyanidin: 9.03mg, Cyanidin: 9.03mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 13.57mg, Catechin: 13.57mg, Catechin: 13.57mg, Catechin: 13.57mg Epigallocatechin: 1.8mg, Epigallocatechin: 1.8mg, Epigallocatechin: 1.8mg, Epigallocatechin: 1.8mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg

0.45mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 206.04kcal (10.3%), Fat: 1.02g (1.57%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 45.61g (16.58%), Sugar: 44.02g (48.91%), Cholesterol: 0mg (0%), Sodium: 43.17mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin C: 22.03mg (26.7%), Fiber: 5.52g (22.07%), Vitamin A: 1029.09IU (20.58%), Manganese: 0.31mg (15.66%), Vitamin B3: 3mg (14.98%), Vitamin E: 2.2mg (14.65%), Vitamin K: 14.48µg (13.79%), Copper: 0.27mg (13.54%), Potassium: 425.58mg (12.16%), Iron: 1.42mg (7.89%), Phosphorus: 77.27mg (7.73%), Magnesium: 30.6mg (7.65%), Vitamin B1: 0.11mg (7.27%), Vitamin B2: 0.11mg (6.64%), Folate: 23.36µg (5.84%), Vitamin B5: 0.56mg (5.65%), Vitamin B6: 0.1mg (5.22%), Zinc: 0.74mg (4.97%), Selenium: 3.32µg (4.74%), Calcium: 18.44mg (1.84%)