



East Indian Peach Salad

 **Gluten Free**

READY IN



15 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons almonds sliced
- 0.5 teaspoon curry powder to taste
- 1 cup grapes seedless halved
- 2 cups pieces ham cooked
- 16 ounce peaches in juice drained sliced canned
- 8 lettuce leaves
- 0.5 cup vanilla yogurt low-fat

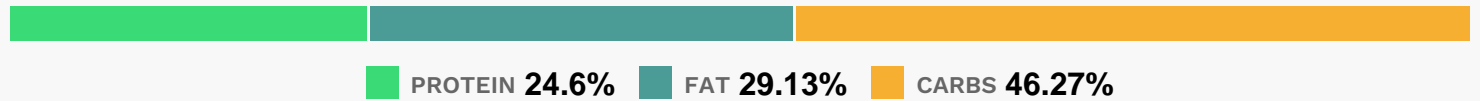
Equipment

bowl

Directions

- Mix yogurt, 1 tablespoon reserved peach juice, and curry powder together in a bowl.
- Combine peaches, ham, and grapes in a separate bowl; add yogurt mixture and toss gently.
- Line a serving platter with lettuce leaves. Scoop peach mixture into each leaf; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:8.16, Inflammation Score:-9, Nutrition Score:15.716521905816%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 225.39kcal (11.27%), Fat: 7.43g (11.42%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 24.78g (9.01%), Sugar: 21.69g (24.1%), Cholesterol: 42.78mg (14.26%), Sodium: 691.7mg (30.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.22%), Vitamin A: 3595.65IU (71.91%), Vitamin C: 24.31mg (29.46%), Vitamin B1: 0.42mg (28.07%), Phosphorus: 260.65mg (26.07%), Vitamin B2: 0.35mg (20.44%), Manganese: 0.41mg (20.37%), Selenium: 13.37µg (19.11%), Vitamin B12: 0.96µg (15.98%), Potassium: 546.1mg (15.6%), Vitamin B6: 0.27mg (13.45%), Vitamin B3: 2.58mg (12.88%), Zinc: 1.83mg (12.17%), Magnesium: 45.45mg (11.36%), Vitamin E: 1.57mg (10.45%), Calcium: 100.53mg (10.05%), Copper: 0.18mg (9.17%), Iron: 1.47mg (8.14%), Vitamin B5: 0.76mg (7.6%), Fiber: 1.75g (7.02%), Folate: 26.64µg (6.66%), Vitamin K: 5.79µg (5.52%)