



Fresh Peach-Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 bibb lettuce leaves
- ☐ 0.3 cup cherries dried
- ☐ 0.5 teaspoon ginger fresh grated
- ☐ 2 medium oranges
- ☐ 2 cups peaches fresh diced peeled (2 large)
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla extract

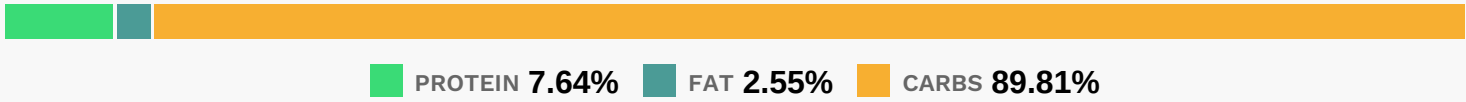
Equipment

☐ bowl

Directions

- ☐ Grate 1 teaspoon rind from orange; set aside. Peel oranges, and cut out sections over a medium bowl; squeeze membranes to extract juice. Reserve juice. Discard membranes.
- ☐ Combine orange sections, reserved juice and rind, peaches, and next 4 ingredients.
- ☐ Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:7.38, Inflammation Score:-8, Nutrition Score:7.5504347656084%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 110.39kcal (5.52%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 22.46g (8.17%), Sugar: 21.02g (23.35%), Cholesterol: 0mg (0%), Sodium: 12.48mg (0.54%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 2.24g (4.47%), Vitamin C: 38.57mg (46.75%), Vitamin A: 1253.78IU (25.08%), Vitamin K: 17.66µg (16.81%), Fiber: 3.85g (15.39%), Folate: 35.25µg (8.81%), Potassium: 250.03mg (7.14%), Vitamin B1: 0.08mg (5.61%), Vitamin E: 0.71mg (4.72%), Copper: 0.09mg (4.65%), Manganese: 0.09mg (4.6%), Calcium: 43.75mg (4.37%), Vitamin B3: 0.86mg (4.31%), Iron: 0.68mg (3.78%), Magnesium: 14.83mg (3.71%), Vitamin B6: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.56%), Phosphorus: 31.17mg (3.12%), Vitamin B5: 0.3mg (3.05%), Selenium: 2.05µg (2.93%), Zinc: 0.25mg (1.7%)