


# Fresh Peach With Goat Cheese Side Salad


 Vegetarian  Gluten Free

READY IN




15 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

## Ingredients

- 6 basil thinly sliced
- 6 basil thinly sliced
- 0.5 cup goat cheese
- 1 tablespoon honey
- 6 peaches pitted ripe cut into bite-size pieces

## Equipment

- bowl

## Directions

- Place the peaches in a bowl and coat with honey.
- Sprinkle with salt. Then gently fold in basil and goat cheese.

## Nutrition Facts



## Properties

Glycemic Index:58.13, Glycemic Load:10.05, Inflammation Score:-7, Nutrition Score:8.4495652173913%

## Flavonoids

Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg Catechin: 11.07mg, Catechin: 11.07mg, Catechin: 11.07mg, Catechin: 11.07mg Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 185.65kcal (9.28%), Fat: 6.6g (10.15%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 23.68g (8.61%), Sugar: 23.44g (26.05%), Cholesterol: 13.05mg (4.35%), Sodium: 133.93mg (5.82%), Protein: 7.36g (14.71%), Vitamin A: 1089.91IU (21.8%), Copper: 0.39mg (19.49%), Fiber: 3.4g (13.62%), Phosphorus: 123.02mg (12.3%), Vitamin K: 12.24µg (11.66%), Vitamin C: 9.47mg (11.48%), Vitamin E: 1.7mg (11.35%), Vitamin B2: 0.18mg (10.62%), Vitamin B3: 1.95mg (9.76%), Manganese: 0.18mg (9.18%), Potassium: 288.15mg (8.23%), Selenium: 5.57µg (7.95%), Iron: 1.36mg (7.58%), Vitamin B6: 0.13mg (6.52%), Magnesium: 23.41mg (5.85%), Vitamin B5: 0.54mg (5.43%), Zinc: 0.8mg (5.33%), Calcium: 51.16mg (5.12%), Vitamin B1: 0.07mg (4.95%), Folate: 17.83µg (4.46%)