



Garden Greens with Yellow Tomatoes and Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 4 ounces baby greens mixed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 small peaches yellow pitted halved thinly sliced
- ☐ 2 tablespoons shallots minced
- ☐ 4 small vine-ripened tomatoes yellow cut into wedges
- ☐ 2 tablespoons balsamic vinegar white

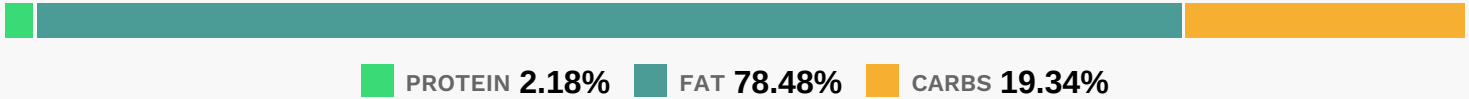
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients to blend in medium bowl. Season dressing to taste with salt and pepper. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Combine greens, tomatoes, and peaches in large shallow bowl. Toss with enough dressing to coat lightly and serve.

Nutrition Facts



Properties

Glycemic Index:15.03, Glycemic Load:1.57, Inflammation Score:-3, Nutrition Score:2.323913058509%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 101.49kcal (5.07%), Fat: 9.11g (14.01%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.47g (1.63%), Sugar: 3.59g (3.99%), Cholesterol: 0mg (0%), Sodium: 9.45mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin E: 1.54mg (10.26%), Vitamin C: 5.95mg (7.22%), Vitamin K: 6.41µg (6.11%), Vitamin A: 267.24IU (5.34%), Manganese: 0.05mg (2.71%), Fiber: 0.58g (2.32%), Potassium: 81.14mg (2.32%), Folate: 8.76µg (2.19%), Copper: 0.04mg (1.83%), Vitamin B3: 0.35mg (1.77%), Iron:

0.31mg (1.74%), Phosphorus: 15.34mg (1.53%), Vitamin B6: 0.03mg (1.48%), Magnesium: 5.39mg (1.35%), Selenium:
0.77µg (1.11%), Vitamin B2: 0.02mg (1.08%)