



Greengage Plum Salad with Mint and Pistachios



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

2085 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 qts torn pieces packed
- ☐ 1.5 tablespoons canola oil
- ☐ 3 tablespoons champagne vinegar
- ☐ 6 ounces teleme cheese fresh thinly sliced
- ☐ 10 large mint leaves fresh
- ☐ 3 tablespoons r honey
- ☐ 0.5 tsp kosher salt

- ☐ 0.3 tsp pepper
- ☐ 0.3 cup roasted pistachios salted coarsely chopped
- ☐ 1 pound firm-ripe greengage plums white small to medium peeled

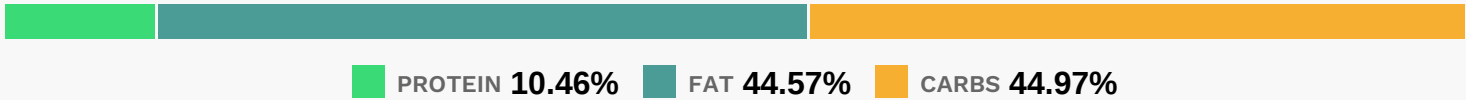
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk honey, vinegar, oil, 1/2 tsp. salt, and 1/4 tsp. pepper in a small bowl.
- ☐ Set cheese pieces slightly apart in a wide, shallow bowl and drizzle with about 1 1/2 tbsp. dressing. Pit fruit and cut plums in half or peaches in quarters; put in a bowl and gently mix with 1 tbsp. dressing. In a large bowl, toss lettuces with dressing to coat.
- ☐ Divide lettuces among 4 plates. Tuck in cheese, then arrange fruit on top. Scatter mint and pistachios over salads and serve extra dressing on the side. Season to taste with more salt and pepper.

Nutrition Facts



Properties

Glycemic Index:54.98, Glycemic Load:116.66, Inflammation Score:-9, Nutrition Score:43.857826103335%

Flavonoids

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Nutrients (% of daily need)

Calories: 2085.2kcal (104.26%), Fat: 106.6g (164%), Saturated Fat: 64.63g (403.96%), Carbohydrates: 242.01g (80.67%), Net Carbohydrates: 228.72g (83.17%), Sugar: 214g (237.78%), Cholesterol: 33.59mg (11.2%), Sodium: 1248.19mg (54.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.3g (112.6%), Manganese: 4.13mg (206.58%), Vitamin B3: 22.19mg (110.93%), Phosphorus: 944.51mg (94.45%), Magnesium: 341.03mg (85.26%), Copper: 1.64mg (82.06%), Vitamin B2: 0.96mg (56.22%), Fiber: 13.29g (53.16%), Folate: 210.94µg (52.73%), Vitamin B1: 0.75mg (50.16%), Calcium: 482.92mg (48.29%), Potassium: 1591.7mg (45.48%), Zinc: 5.67mg (37.82%), Vitamin E: 4.99mg (33.24%), Vitamin K: 33.12µg (31.54%), Vitamin B6: 0.58mg (28.85%), Vitamin B5: 2.44mg (24.39%), Vitamin B12: 1.36µg (22.67%), Vitamin A: 817.47IU (16.35%), Selenium: 10.74µg (15.34%), Iron: 2.68mg (14.88%), Vitamin C: 12.13mg (14.71%), Vitamin D: 0.17µg (1.13%)