



## Grilled Nectarine Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 teaspoons dijon mustard
- 2 teaspoons honey
- 2 nectarines whole pitted halved
- 0.5 cup olive oil
- 6 ounces the salad good (1 Bag Or Box) ( Spring Mix)
- 4 servings salt and pepper black to taste
- 0.5 cup slivered almonds
- 2 teaspoons citrus champagne vinegar

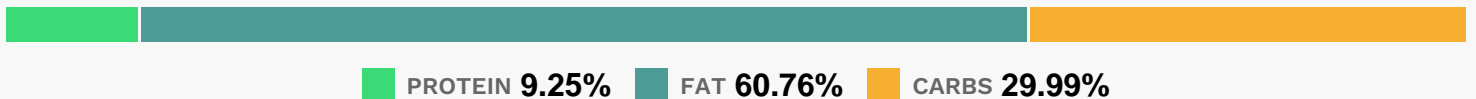
## Equipment

- bowl
- frying pan
- whisk
- grill

## Directions

- Drizzle nectarine halves with a little olive oil. Grill cut side down for 2–3, turning midway to achieve lovely grill marks. Set aside. In a bowl, whisk together Dijon, vinegar, honey, and sugar.
- Whisk in 1/2 olive oil to emulsify.
- Add salt and pepper and mix. Toast slivered almonds in a small skillet over medium–low heat until just turning golden brown. In a large bowl, toss lettuce with enough of the dressing to lightly coat (you won't use all of the dressing; save to have another salad tomorrow!) Toss in warm toasted almonds. Divide lettuce among four plates.
- Place a nectarine half on each serving.
- Drizzle nectarine with a little more dressing. With a fork, cut blue cheese into chunks and distribute among the four plates. \* Grill more fruit if you'd like each plate to have two halves instead.

## Nutrition Facts



## Properties

Glycemic Index:34.32, Glycemic Load:3.98, Inflammation Score:-6, Nutrition Score:8.3765217221302%

## Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin:

0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## **Nutrients (% of daily need)**

Calories: 173.03kcal (8.65%), Fat: 12.45g (19.15%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 10.96g (3.99%), Sugar: 9.1g (10.11%), Cholesterol: 0mg (0%), Sodium: 242.16mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin E: 4.68mg (31.17%), Manganese: 0.42mg (21.21%), Vitamin C: 11.96mg (14.5%), Vitamin A: 720.71IU (14.41%), Magnesium: 48.89mg (12.22%), Vitamin B2: 0.2mg (11.61%), Fiber: 2.87g (11.47%), Copper: 0.22mg (11.1%), Phosphorus: 103.02mg (10.3%), Potassium: 271.75mg (7.76%), Vitamin B3: 1.54mg (7.68%), Folate: 26.18µg (6.54%), Iron: 1.08mg (6%), Vitamin B1: 0.07mg (4.62%), Zinc: 0.68mg (4.56%), Calcium: 45.37mg (4.54%), Vitamin K: 4.71µg (4.48%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.6µg (2.29%)