



Grilled Nectarines and Fresh Mozzarella Summer Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounce baby spinach washed ()
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves loosely packed plus more as garnish ()
- ☐ 0.8 pound mozzarella cheese fresh cut into sixteen ¼-inch slices)
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoon honey
- ☐ 2 juice of lime (juice only)

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lime zest (zest only)
- ☐ 0.3 cup olive oil extra-virgin

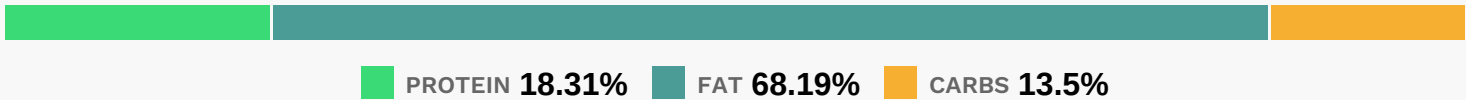
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Peel and chop 1 nectarine; set aside.
- ☐ Cut remaining 4 nectarines into 32 (¼-inch-thick) rounds. (
- ☐ Cut peaches inward from sides, cutting 4 slices on each side just until you reach the pit. Save the remaining bits for another use.)In a mini-food processor puree chopped nectarine, green onions, ¼ cup cilantro leaves, honey, salt, lime zest, lime juice, cumin, and chili powder. Slowly drizzle in the olive oil through the feed tube until thoroughly combined; Set aside. May be made up to 3 days in advance. Re-emulsify before use.Spray the cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to medium-high.
- ☐ Brush both sides of peach rounds with some of the nectarine cumin dressing.Grill nectarine rounds until grill marks appear; 3 to 5 minutes per side.Arrange baby spinach evenly on 4 plates. Working quickly while the nectarines are still warm, alternately stack 4 of the larger grilled nectarine rounds and 4 cheese slices over spinach on each plate. Top each with 3 more of the smaller nectarine rounds (you will have extra rounds so choose the nicest).
- ☐ Drizzle with more dressing, to taste.
- ☐ Garnish with cilantro
- ☐ Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:18.711304426193%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 421.94kcal (21.1%), Fat: 32.73g (50.36%), Saturated Fat: 13.08g (81.73%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 13.42g (4.88%), Sugar: 10.15g (11.28%), Cholesterol: 67.19mg (22.4%), Sodium: 847.04mg (36.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.55%), Vitamin K: 116.35µg (110.81%), Vitamin A: 2729.33IU (54.59%), Calcium: 462.94mg (46.29%), Vitamin B12: 1.94µg (32.32%), Phosphorus: 319.5mg (31.95%), Selenium: 14.91µg (21.3%), Vitamin C: 15.69mg (19.02%), Vitamin E: 2.74mg (18.24%), Zinc: 2.68mg (17.85%), Vitamin B2: 0.3mg (17.37%), Folate: 50.97µg (12.74%), Manganese: 0.25mg (12.31%), Magnesium: 37.78mg (9.44%), Iron: 1.41mg (7.85%), Potassium: 238.12mg (6.8%), Vitamin B6: 0.1mg (4.81%), Fiber: 1.16g (4.64%), Vitamin B1: 0.05mg (3.58%), Copper: 0.06mg (3.14%), Vitamin D: 0.34µg (2.27%), Vitamin B5: 0.2mg (2.04%), Vitamin B3: 0.36mg (1.81%)