



Grilled Nectarines with Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients



8 servings butter melted (for brushing)



1 cup feta cheese crumbled (preferably sheep's-milk feta)



4 nectarines pitted halved

Equipment

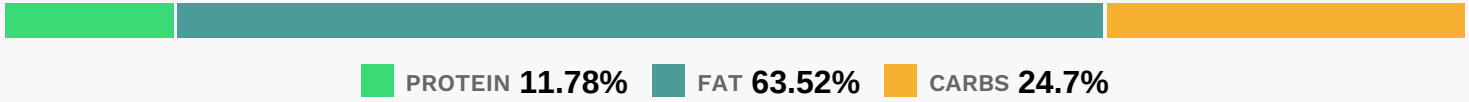


grill

Directions

- ☐
- Prepare barbecue (medium-high heat).
- ☐
- Brushnectarines with butter. Grill nectarines, cutside down, until grill marks appear, 4 to 5minutes. Turn nectarines over.
- ☐
- Sprinkle withcheese, then pepper. Grill until grill marksappear on bottoms, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.54, Inflammation Score:-3, Nutrition Score:4.1882608921632%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 113.23kcal (5.66%), Fat: 8.29g (12.75%), Saturated Fat: 5.06g (31.65%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 6.18g (2.25%), Sugar: 5.6g (6.23%), Cholesterol: 27.44mg (9.15%), Sodium: 255.13mg (11.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin B2: 0.18mg (10.54%), Calcium: 95.06mg (9.51%), Vitamin A: 439.8IU (8.8%), Phosphorus: 82.85mg (8.28%), Vitamin B12: 0.33µg (5.42%), Vitamin B3: 0.98mg (4.92%), Vitamin B6: 0.1mg (4.87%), Zinc: 0.69mg (4.62%), Fiber: 1.07g (4.26%), Selenium: 2.86µg (4.09%), Vitamin E: 0.58mg (3.89%), Vitamin B1: 0.05mg (3.55%), Copper: 0.06mg (3.21%), Vitamin B5: 0.32mg (3.18%), Potassium: 105.83mg (3.02%), Folate: 10.41µg (2.6%), Magnesium: 10.05mg (2.51%), Vitamin C: 2.06mg (2.5%), Manganese: 0.04mg (2.18%), Vitamin K: 2.11µg (2.01%), Iron: 0.34mg (1.87%)