



Grilled Peach-and-Avocado Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups arugula loosely packed
- ☐ 2 avocados firm peeled quartered
- ☐ 1 tablespoon canola oil
- ☐ 6 tablespoons canola oil
- ☐ 2 tablespoons champagne vinegar white
- ☐ 0.5 teaspoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup manchego freshly grated

- ☐ 1 large peaches peeled chopped
- ☐ 3 large peaches peeled halved
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 6 servings salt and pepper to taste

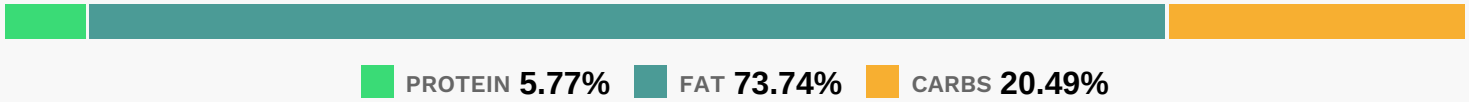
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Process 1 large peach, peeled and chopped; 6 Tbsp. canola oil; vinegar; and honey in a blender until smooth.
- ☐ Add 1/4 tsp. kosher salt and 1/8 tsp. freshly ground pepper. Gently toss 3 large peaches, peeled and halved, and avocados in 1 Tbsp. canola oil and salt and pepper to taste. Grill, covered with grill lid, 2 minutes on each side or until charred. Slice and serve over arugula. Top with peach vinaigrette and Manchego or Parmesan.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:13.072608864826%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 348.81kcal (17.44%), Fat: 29.99g (46.14%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 12.18g (4.43%), Sugar: 11.12g (12.36%), Cholesterol: 10.08mg (3.36%), Sodium: 373.53mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin K: 51.08µg (48.65%), Vitamin E: 5.18mg (34.56%), Fiber: 6.57g (26.28%), Folate: 80.69µg (20.17%), Vitamin A: 1004.77IU (20.1%), Vitamin C: 14.51mg (17.59%), Potassium: 543.95mg (15.54%), Calcium: 146.16mg (14.62%), Vitamin B5: 1.2mg (11.98%), Manganese: 0.24mg (11.97%), Copper: 0.23mg (11.75%), Vitamin B3: 2.17mg (10.84%), Vitamin B6: 0.22mg (10.81%), Magnesium: 38.45mg (9.61%), Vitamin B2: 0.14mg (8.28%), Phosphorus: 71.4mg (7.14%), Iron: 1.09mg (6.05%), Vitamin B1: 0.08mg (5.45%), Zinc: 0.8mg (5.3%), Selenium: 2.79µg (3.98%)