



Grilled Peach-and-Feta Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups bibb lettuce leaves washed loosely packed 6 oz.; 1 to 2 heads of lettuce
- ☐ 0.8 teaspoon chili powder
- ☐ 4 bacon cooked halved
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 green onions sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 tablespoons honey

- ☐ 0.5 cup juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 0.3 cup olive oil
- ☐ 4 peaches white not
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ grill pan

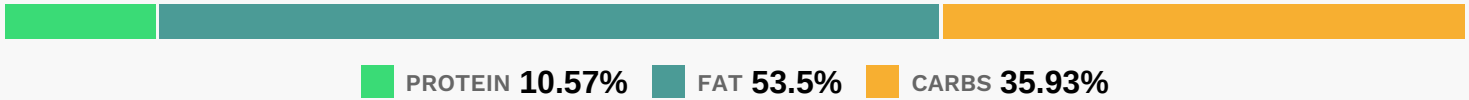
Directions

- ☐ Preheat oven to 35
- ☐ Arrange 1/4 cup pecans, chopped, in a single layer in a shallow pan.
- ☐ Bake 8 to 10 minutes or until toasted and fragrant, stirring after 5 minutes.
- ☐ Peel and chop 1 peach.
- ☐ Cut each of remaining 3 peaches into 8 wedges.
- ☐ Process chopped peach, green onions, next 7 ingredients, and, if desired, tequila in a food processor 10 to 15 seconds or until smooth.
- ☐ Add oil, and pulse 3 to 4 times or until thoroughly combined.
- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high).
- ☐ Brush both sides of peach wedges with 1/3 cup peach dressing.
- ☐ Grill peach wedges, covered with grill lid, over 350 to 400 (medium-high) heat 2 to 3 minutes on each side or until grill marks appear.

- ☐
- Divide Bibb lettuce and bacon slices among 4 plates or shallow bowls. Top with grilled peach wedges.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:12.24, Inflammation Score:-10, Nutrition Score:34.448695554681%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 15.55mg, Quercetin: 15.55mg, Quercetin: 15.55mg, Quercetin: 15.55mg

Nutrients (% of daily need)

Calories: 449.84kcal (22.49%), Fat: 28.91g (44.47%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 35.04g (12.74%), Sugar: 30.98g (34.43%), Cholesterol: 16.26mg (5.42%), Sodium: 585.4mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.69%), Vitamin K: 522.11µg (497.25%), Vitamin A: 16495.11IU (329.9%), Folate: 368.68µg (92.17%), Manganese: 1.28mg (63.88%), Vitamin C: 35.02mg (42.45%), Potassium: 1468.66mg (41.96%), Iron: 7.34mg (40.75%), Fiber: 8.65g (34.59%), Vitamin E: 4.97mg (33.16%), Vitamin B1: 0.42mg (28.16%), Phosphorus: 280.68mg (28.07%), Vitamin B6: 0.55mg (27.65%), Vitamin B2: 0.47mg (27.63%), Calcium: 240.63mg (24.06%), Magnesium: 92.02mg (23.01%), Vitamin B3: 4.09mg (20.43%), Selenium: 12µg (17.15%), Copper: 0.31mg (15.47%), Zinc: 2.22mg (14.81%), Vitamin B5: 1.24mg (12.37%), Vitamin B12: 0.25µg (4.09%)