

Grilled Peach, Onion and Bacon Salad with Buttermilk Dressing

 **Gluten Free** type unknown

READY IN

ready type unknown

45 min.

SERVINGS

servings type unknown

45

CALORIES

calories type unknown

199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.3 cup buttermilk
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 tablespoons chives snipped
- ☐ 0.3 cup brown sugar light
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons mint leaves chopped

- ☐ 45 servings olive oil extra-virgin for brushing
- ☐ 2 tablespoons parsley chopped
- ☐ 4 large peaches ripe cut into 1/2-inch wedges large
- ☐ 45 servings pepper freshly ground
- ☐ 45 servings salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 pound thick- bacon
- ☐ 3 pounds vidalia sweet 1-inch-thick cut into slabs

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ grill pan

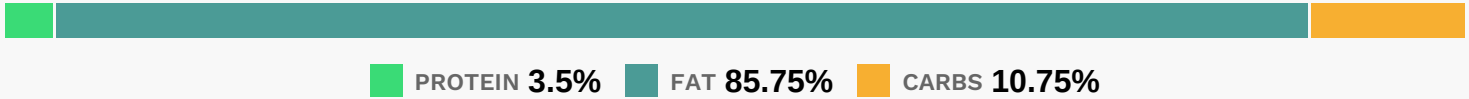
Directions

- ☐ Preheat the oven to 32
- ☐ In a small bowl, whisk the mayonnaise with the sour cream, buttermilk, mint, parsley, chives and vinegar and season with salt and pepper. Refrigerate.
- ☐ Line a large rimmed baking sheet with parchment paper. Arrange the bacon slices on the sheet in a single layer and sprinkle with the brown sugar and cayenne.
- ☐ Bake for about 25 minutes, until caramelized (the bacon will crisp as it cools).
- ☐ Let cool, then cut the bacon into bite-size pieces.
- ☐ Meanwhile, light a grill or preheat a grill pan.
- ☐ Brush the onions with olive oil and season with salt and pepper. Grill over moderate heat, turning occasionally, until softened and browned, 10 minutes. Separate the onions into rings.

- ☐
- Brush the peaches with olive oil and grill over moderately high heat until tender, 2 minutes.

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Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:3.1073912654234%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 199.07kcal (9.95%), Fat: 19.3g (29.69%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.88g (1.77%), Sugar: 4.13g (4.59%), Cholesterol: 8.08mg (2.69%), Sodium: 275.49mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin E: 2.23mg (14.9%), Vitamin K: 14.42µg (13.73%), Selenium: 2.65µg (3.79%), Vitamin B6: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.5mg (3.03%), Vitamin B3: 0.58mg (2.92%), Phosphorus: 29.09mg (2.91%), Manganese: 0.05mg (2.6%), Potassium: 84.87mg (2.42%), Fiber: 0.56g (2.26%), Folate: 8.81µg (2.2%), Vitamin A: 105.73IU (2.11%), Copper: 0.04mg (1.87%), Iron: 0.3mg (1.68%), Magnesium: 6.1mg (1.52%), Vitamin B2: 0.03mg (1.47%), Zinc: 0.21mg (1.42%), Calcium: 12.76mg (1.28%), Vitamin B5: 0.13mg (1.26%), Vitamin B12: 0.06µg (1.01%)