



Grilled Peach Salad with Balsamic Bacon Vinaigrette

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces baby spinach
- ☐ 5 slices bacon chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 servings olive oil extra-virgin
- ☐ 3 large peaches firm pitted ripe quartered

- ☐ 0.5 onion red thinly sliced
- ☐ 1 shallots finely chopped
- ☐ 1 teaspoon sugar

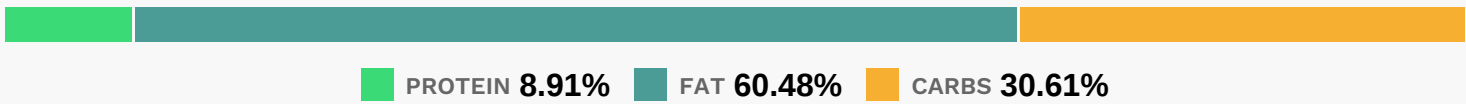
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ Preheat the grill to medium-high heat and spray with nonstick spray.
- ☐ Cook the bacon in a skillet over medium heat until crisp.
- ☐ Remove to a paper towel lined plate
- ☐ Add the shallots to the skillet and saute until tender. Stir in the mustard, vinegar and sugar and season with salt and pepper, to taste.
- ☐ Brush the peaches with olive oil and season with salt and pepper. Grill until golden and has grill char marks, about 1 to 2 minutes on each side.
- ☐ Add the spinach and the sliced red onion to a large serving bowl.
- ☐ Add the peaches, the vinaigrette and the chopped bacon. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:156.67, Glycemic Load:14.62, Inflammation Score:-10, Nutrition Score:28.02782621591%

Flavonoids

Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg Catechin: 12.91mg, Catechin: 12.91mg, Catechin: 12.91mg, Catechin: 12.91mg Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg

Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 10.13mg, Quercetin: 10.13mg, Quercetin: 10.13mg, Quercetin: 10.13mg

Nutrients (% of daily need)

Calories: 537.19kcal (26.86%), Fat: 36.95g (56.84%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 42.07g (14.02%), Net Carbohydrates: 35.58g (12.94%), Sugar: 31.27g (34.74%), Cholesterol: 36.3mg (12.1%), Sodium: 491.97mg (21.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.49%), Vitamin K: 359.03µg (341.94%), Vitamin A: 7525.3IU (150.51%), Manganese: 0.94mg (46.95%), Vitamin C: 33.72mg (40.88%), Folate: 162.91µg (40.73%), Vitamin E: 5.63mg (37.52%), Potassium: 947.48mg (27.07%), Selenium: 18.43µg (26.33%), Fiber: 6.5g (25.99%), Vitamin B3: 4.91mg (24.57%), Magnesium: 94.16mg (23.54%), Vitamin B6: 0.43mg (21.41%), Iron: 3.6mg (20.03%), Vitamin B1: 0.3mg (19.67%), Phosphorus: 196.07mg (19.61%), Copper: 0.35mg (17.67%), Vitamin B2: 0.27mg (16%), Zinc: 1.77mg (11.79%), Calcium: 105.15mg (10.51%), Vitamin B5: 0.83mg (8.32%), Vitamin B12: 0.28µg (4.58%), Vitamin D: 0.22µg (1.47%)