



Grilled Peach Salad with Blue Cheese Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 0.5 cup roka cheese dressing blue kraft
- 0.5 cup planters deluxe cashews whole coarsely chopped
- 2 Tbsp oil
- 3 peaches fresh pitted quartered
- 8 cups torn romaine lettuce loosely packed

Equipment

grill

Directions

Heat grill to medium-high heat.

Brush peaches with oil. Grill 3 to 4 min. on each side or just until tender and heated through. Cool slightly.

Cut each peach piece in half. Cover platter with lettuce; top with peaches, nuts and bacon.

Drizzle with dressing.

Nutrition Facts



PROTEIN 10.97% **FAT 68.17%** **CARBS 20.86%**

Properties

Glycemic Index:2.18, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:3.3643478359217%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 50.96kcal (2.55%), Fat: 3.99g (6.15%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.65g (1.83%), Cholesterol: 2.94mg (0.98%), Sodium: 70.68mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin A: 1142.3IU (22.85%), Vitamin K: 14.92µg (14.21%), Folate: 18.61µg (4.65%), Copper: 0.07mg (3.36%), Manganese: 0.06mg (3.23%), Phosphorus: 29.53mg (2.95%), Magnesium: 10.05mg (2.51%), Selenium: 1.74µg (2.49%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.34mg (2.25%), Fiber: 0.56g (2.24%), Potassium: 72.36mg (2.07%), Iron: 0.35mg (1.97%), Vitamin B3: 0.36mg (1.81%), Vitamin B6: 0.03mg (1.73%), Zinc: 0.25mg (1.66%), Vitamin C: 1.14mg (1.38%), Vitamin B2: 0.02mg (1.29%)