



Grilled Peach Salad with Grapefruit Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups arugula
- 1 grapefruit juiced peeled
- 3 tablespoons grapeseed oil plus more for brushing
- 1 tablespoon honey
- 2 large peaches pitted sliced into 8ths
- 4 servings salt and pepper black freshly ground
- 3 scallions finely sliced

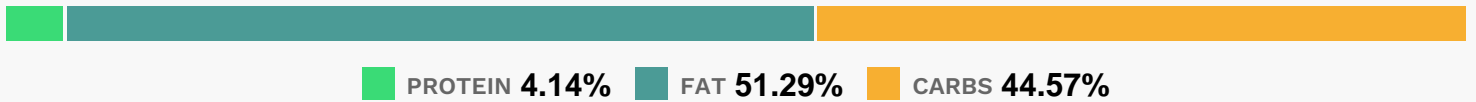
Equipment

- bowl
- knife
- whisk
- grill

Directions

- Preheat grill to medium.
- Peel and section the grapefruit with a pairing knife over a small bowl to capture any juice. Once you have removed all sections squeeze the grapefruit to extract any left over juice into the bowl.
- Place sections into a separate bowl.
- Cut peaches into 1/8ths and brush with oil. Grill for 5 minutes until slightly soft.
- In the bowl with the grapefruit juice add the honey, oil, salt and pepper and whisk until well combined. In a large salad bowl add arugula, grapefruit, grilled peaches, sliced scallions and vinaigrette. Toss well to combine and serve.

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:7.02, Inflammation Score:-8, Nutrition Score:9.7460868669593%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 180.54kcal (9.03%), Fat: 10.98g (16.89%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 18.54g (6.74%), Sugar: 16.68g (18.53%), Cholesterol: 0mg (0%), Sodium: 18.44mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin K: 43.22µg (41.16%), Vitamin C: 28.27mg (34.27%), Vitamin A: 1586.13IU (31.72%), Vitamin E: 3.88mg (25.88%), Fiber: 2.93g (11.71%), Folate: 38.85µg (9.71%), Potassium: 295.85mg (8.45%), Manganese: 0.16mg (8.15%), Magnesium: 24.24mg (6.06%), Copper: 0.11mg (5.73%), Calcium: 56.82mg (5.68%), Vitamin B3: 0.95mg (4.76%), Phosphorus: 44.87mg (4.49%), Iron: 0.81mg (4.48%), Vitamin B2: 0.07mg (4.33%), Vitamin B1: 0.06mg (4.16%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.08mg (3.87%), Selenium: 2.06µg (2.95%), Zinc: 0.39mg (2.59%)