



WHATSHEATE



HEALTH SCORE

59%

Grilled Peach Salad with Rosemary Dressing



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



1505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 ounces arugula



12 diagonal baguette thick



0.3 cup flat-leaf parsley leaves



3 tablespoons rosemary leaves fresh chopped



4 ounces a western cheese such as avalanche cheese company's goat blue spanish crumbled



0.5 teaspoon kosher salt



0.5 cup olive oil extra-virgin divided



3 peaches ripe halved (from Colorado, if available)

- ☐ 0.3 teaspoon pepper
- ☐ 4 ounces pancetta thinly sliced
- ☐ 3 tablespoons aged sherry sweet

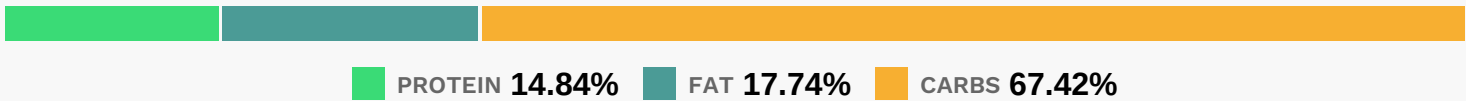
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Heat a grill to high (450 to 550). In a blender, whirl 1/3 cup oil with the rosemary, parsley, salt, and pepper until smooth; set dressing aside.
- ☐ Brush peach halves and baguette slices with remaining oil. Grill until marks appear, about 2 minutes, turning as needed.
- ☐ Lay prosciutto on plates. Toss arugula in a medium bowl with half the reserved dressing and arrange over prosciutto.
- ☐ Sprinkle with cheese and drizzle with remaining dressing and the sherry. Set peaches and toasted bread around salads.
- ☐ *Available from avalanchecheese.com

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:167.93, Inflammation Score:-10, Nutrition Score:53.729999987975%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.41mg

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 13.39mg, Kaempferol: 13.39mg, Kaempferol: 13.39mg, Kaempferol: 13.39mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 1505.05kcal (75.25%), Fat: 29.27g (45.03%), Saturated Fat: 8.56g (53.52%), Carbohydrates: 250.31g (83.44%), Net Carbohydrates: 237.84g (86.49%), Sugar: 30.78g (34.2%), Cholesterol: 21.17mg (7.06%), Sodium: 3500.54mg (152.2%), Alcohol: 0.77g (100%), Alcohol %: 0.14% (100%), Protein: 55.11g (110.23%), Vitamin B1: 3.01mg (200.87%), Folate: 583.41µg (145.85%), Selenium: 92.03µg (131.47%), Manganese: 2.54mg (127.08%), Vitamin B3: 24.31mg (121.56%), Iron: 18.77mg (104.25%), Vitamin B2: 1.75mg (103.13%), Vitamin K: 102.13µg (97.26%), Calcium: 623.7mg (62.37%), Phosphorus: 590.35mg (59.03%), Fiber: 12.47g (49.9%), Copper: 0.85mg (42.34%), Magnesium: 162.12mg (40.53%), Vitamin B6: 0.67mg (33.67%), Vitamin A: 1584IU (31.68%), Zinc: 4.74mg (31.62%), Potassium: 920.35mg (26.3%), Vitamin B5: 2.43mg (24.26%), Vitamin E: 2.81mg (18.76%), Vitamin C: 12.29mg (14.89%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.15µg (1.01%)