



Grilled Peach Salad with Toasted Pecans, Blue Cheese and Honey Balsamic Syrup

 Vegetarian  Gluten Free  Popular

READY IN



35 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounces baby arugula
- 0.3 cup balsamic vinegar
- 0.1 teaspoon pepper black
- 2 ounces cheese blue crumbled
- 2 tablespoons butter melted
- 0.3 teaspoon thyme leaves dried
- 0.5 cup honey

- 1 pinch kosher salt
- 3 peaches pitted halved
- 0.5 cup pecans chopped

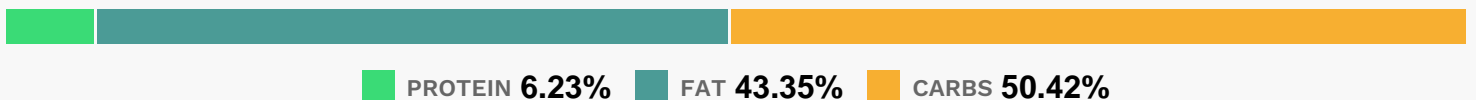
Equipment

- baking sheet
- sauce pan
- oven
- grill
- toaster
- panini press

Directions

- Preheat an oven or toaster oven to 350°F.
- Spread the pecans on a baking sheet and toast in the oven for 4–6 minutes until they are aromatic. Set them aside to cool. In a small saucepan, heat the honey, balsamic vinegar, thyme, black pepper and salt over medium heat. Stir to dissolve the honey and bring the mixture to a boil. Reduce the heat to medium–low and simmer, stirring occasionally, until the mixture is slightly thickened and syrupy, about 10 minutes.
- Remove from the heat and let the honey balsamic syrup cool a bit – it will continue to thicken as it cools. Preheat the panini grill to high heat.
- Brush a little melted butter on the cut sides of the peaches.
- Place the peaches on the grill, cut side down. Close the lid so that the upper grates are hovering just above the peaches or just very lightly touching them. Grill the peaches until they are softened and grill marks appear, about 4 to 5 minutes. Arrange the peaches cut side up over a bed of arugula on a serving platter. Top with toasted pecans and blue cheese and drizzle with honey balsamic syrup.

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:15.9, Inflammation Score:-7, Nutrition Score:8.7669564666955%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 4.35mg, Catechin: 4.35mg, Catechin: 4.35mg, Catechin: 4.35mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.41mg, Kaempferol: 8.41mg, Kaempferol: 8.41mg, Kaempferol: 8.41mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 262.44kcal (13.12%), Fat: 13.4g (20.61%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 32.61g (11.86%), Sugar: 31.97g (35.52%), Cholesterol: 17.12mg (5.71%), Sodium: 164.87mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.58mg (28.82%), Vitamin K: 29.65µg (28.24%), Vitamin A: 1000.73IU (20.01%), Calcium: 103.71mg (10.37%), Copper: 0.2mg (10.15%), Fiber: 2.46g (9.83%), Phosphorus: 94.93mg (9.49%), Folate: 33.64µg (8.41%), Vitamin C: 6.88mg (8.34%), Magnesium: 32.36mg (8.09%), Potassium: 268.71mg (7.68%), Zinc: 1.02mg (6.83%), Iron: 1.11mg (6.17%), Vitamin B2: 0.1mg (6.12%), Vitamin B1: 0.09mg (6.11%), Vitamin E: 0.91mg (6.08%), Selenium: 3.64µg (5.2%), Vitamin B5: 0.48mg (4.85%), Vitamin B3: 0.92mg (4.59%), Vitamin B6: 0.08mg (3.9%), Vitamin B12: 0.12µg (2.05%)