



Grilled Stone Fruit Antipasto Plate



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound plums black firm pitted halved
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 pound nectarines firm pitted halved
- ☐ 1 pound peaches firm pitted halved

- ☐ 0.5 pound pluots firm pitted halved
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons balsamic vinegar white

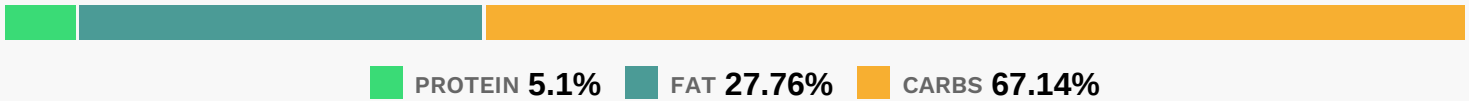
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare dressing, combine first 8 ingredients in a small bowl, stirring well with a whisk.
- ☐ To prepare fruit, place fruit on grill rack coated with cooking spray; grill 3 minutes on each side.
- ☐ Remove from grill.
- ☐ Drizzle fruit with dressing.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:25.49, Glycemic Load:5.61, Inflammation Score:-5, Nutrition Score:4.3578260981518%

Flavonoids

Cyanidin: 4.88mg, Cyanidin: 4.88mg, Cyanidin: 4.88mg, Cyanidin: 4.88mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg,

Epigallocatechin 3–gallate: 0.4mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 122.44kcal (6.12%), Fat: 3.9g (5.99%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 18.76g (6.82%), Sugar: 17.22g (19.14%), Cholesterol: 0mg (0%), Sodium: 51.09mg (2.22%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 1.61g (3.22%), Vitamin C: 12.77mg (15.47%), Vitamin A: 646.99IU (12.94%), Fiber: 2.44g (9.77%), Vitamin E: 1.25mg (8.31%), Vitamin K: 8.13µg (7.74%), Potassium: 210.87mg (6.02%), Copper: 0.1mg (5.23%), Vitamin B3: 1.02mg (5.12%), Manganese: 0.1mg (4.96%), Magnesium: 12.44mg (3.11%), Phosphorus: 30.81mg (3.08%), Vitamin B1: 0.04mg (2.68%), Iron: 0.46mg (2.55%), Vitamin B2: 0.04mg (2.45%), Vitamin B5: 0.22mg (2.24%), Folate: 8.34µg (2.09%), Vitamin B6: 0.04mg (2.01%), Selenium: 1.22µg (1.74%), Zinc: 0.26mg (1.71%), Calcium: 10.08mg (1.01%)