



Grilled Stone Fruit Salad with Goat Cheese and Almonds



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby spinach mixed
- ☐ 0.4 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup blanched almonds and whole toasted
- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 3.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 medium nectarines pitted halved

- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup sherry vinegar

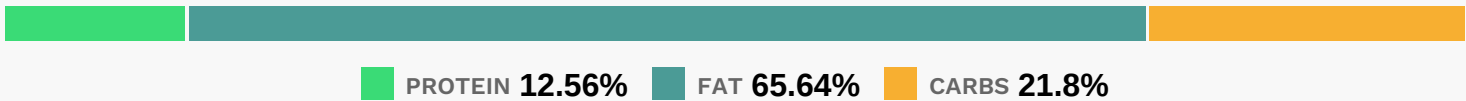
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place fruit halves in a large bowl. Coat with cooking spray, and sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Toss gently to coat.
- ☐ Place fruit halves, cut sides down, on grill rack coated with cooking spray. Grill 2 minutes; turn halves over, and grill 2 minutes or until fruit begins to soften and peel loosens.
- ☐ Transfer to a bowl, and cool slightly.
- ☐ Remove peel. Chop each half into wedges.
- ☐ Combine vinegar, oil, shallots, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a small bowl, stirring with a whisk.
- ☐ Place 1 1/2 cups greens on each of 4 plates.
- ☐ Drizzle each with 2 tablespoons dressing.
- ☐ Sprinkle each with 2 tablespoons cheese and about 1 tablespoon almonds. Top each salad with 8 fruit wedges.
- ☐ Tip: If you grill in the fall, pears are a wonderful substitute for the stone fruit.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:21.690000248992%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 301.93kcal (15.1%), Fat: 22.92g (35.26%), Saturated Fat: 6.17g (38.54%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 13.03g (4.74%), Sugar: 12.4g (13.78%), Cholesterol: 13.05mg (4.35%), Sodium: 380.01mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin K: 228.42µg (217.54%), Vitamin A: 4985.98IU (99.72%), Vitamin E: 5.45mg (36.36%), Manganese: 0.7mg (34.9%), Folate: 104.79µg (26.2%), Copper: 0.47mg (23.57%), Vitamin C: 17.24mg (20.89%), Magnesium: 75.78mg (18.95%), Phosphorus: 173.68mg (17.37%), Vitamin B2: 0.29mg (16.95%), Fiber: 4.1g (16.4%), Potassium: 521.17mg (14.89%), Iron: 2.66mg (14.76%), Vitamin B3: 2.32mg (11.62%), Vitamin B6: 0.22mg (11.05%), Calcium: 109.39mg (10.94%), Vitamin B1: 0.12mg (8.09%), Zinc: 1.06mg (7.05%), Vitamin B5: 0.53mg (5.27%), Selenium: 1.56µg (2.23%)