



Insalata con Peché

READY IN



15 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 16 oz mozzarella cheese fresh sliced
- ☐ 0.5 tablespoon thyme leaves fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 large peaches fresh ripe peeled thinly sliced
- ☐ 4 ounces pancetta thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 6 oz spring greens mix

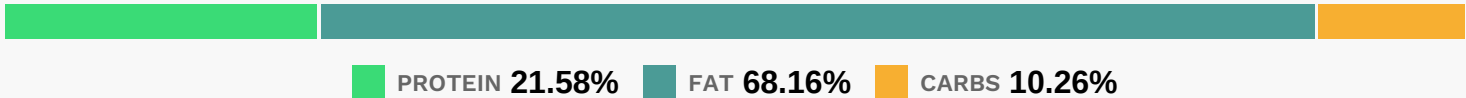
Equipment

☐ whisk

Directions

- ☐ Place greens on 4 serving plates. Top with mozzarella, peaches, and prosciutto; sprinkle with thyme.
- ☐ Whisk oil into lemon juice in a slow stream until blended; whisk in salt and pepper to taste.
- ☐ Drizzle over salads.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:17.953913242921%

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 Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 553.94kcal (27.7%), Fat: 42.31g (65.1%), Saturated Fat: 19.46g (121.62%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 12.84g (4.67%), Sugar: 8.89g (9.88%), Cholesterol: 108.3mg (36.1%), Sodium: 1115.24mg (48.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.3%), Calcium: 587.74mg (58.77%), Phosphorus: 480.23mg (48.02%), Vitamin B12: 2.73µg (45.45%), Selenium: 27µg (38.57%), Vitamin A: 1587.87IU (31.76%), Zinc: 3.96mg (26.4%), Vitamin C: 20.76mg (25.16%), Vitamin B2: 0.4mg (23.45%), Vitamin E: 1.78mg (11.84%), Vitamin B3: 2.23mg (11.14%), Magnesium: 40.08mg (10.02%), Vitamin B1: 0.15mg (10.01%), Potassium: 343.34mg (9.81%), Vitamin B6: 0.18mg (9.17%), Manganese: 0.17mg (8.52%), Folate: 32.37µg (8.09%), Vitamin K:

8.48μg (8.08%), Iron: 1.38mg (7.65%), Copper: 0.12mg (6.07%), Fiber: 1.48g (5.92%), Vitamin B5: 0.53mg (5.26%),
Vitamin D: 0.57μg (3.78%)