



Nectarine and Blue Cheese Salad with Plum Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds
- ☐ 2 plums black pitted halved chopped
- ☐ 8 ounces cheese blue such as cabrales, sliced firm
- ☐ 8 servings pepper freshly ground
- ☐ 12 cups the salad mixed packed (lightly) (such as arugula and frisée)
- ☐ 4 nectarines pitted halved cut into eighths
- ☐ 0.5 cup olive oil extra virgin extra-virgin

☐ 4 teaspoons red wine vinegar

Equipment

☐ bowl

☐ sauce pan

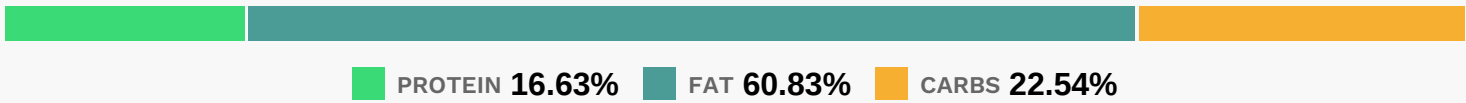
☐ whisk

☐ sieve

Directions

- ☐ Bring plums and 3/4 cup water to a boil in a small saucepan. Reduce heat to medium-high and simmer, stirring occasionally and mashing plums with the back of a spoon, until plums have completely broken down, about 15 minutes.
- ☐ Pour plum mixture through a fine-mesh sieve set over a small bowl, pressing on solids to extract as much purée as possible; discard solids in sieve.
- ☐ Let purée cool.
- ☐ Add oil, vinegar, and 2 tablespoons water to purée; whisk to blend. Season dressing to taste with salt and pepper. DO AHEAD: Dressing can be made 1 week ahead. Cover and chill.
- ☐ Divide greens among plates. Scatter nectarines, cheese, and almonds over, dividing equally, and drizzle some of dressing over. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:3.26, Inflammation Score:-7, Nutrition Score:10.913043537866%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 221.3kcal (11.06%), Fat: 15.59g (23.98%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 10.56g (3.84%), Sugar: 7.77g (8.63%), Cholesterol: 21.26mg (7.09%), Sodium: 351.21mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin A: 1191.19IU (23.82%), Vitamin E: 3.22mg (21.5%), Vitamin C: 17.56mg (21.28%), Phosphorus: 197.56mg (19.76%), Calcium: 184.56mg (18.46%), Manganese: 0.36mg (17.79%), Vitamin B2: 0.26mg (15.52%), Magnesium: 45.07mg (11.27%), Folate: 41.44µg (10.36%), Potassium: 362.53mg (10.36%), Copper: 0.2mg (10.13%), Fiber: 2.44g (9.75%), Vitamin B3: 1.81mg (9.04%), Zinc: 1.33mg (8.84%), Vitamin B5: 0.76mg (7.59%), Selenium: 4.72µg (6.75%), Vitamin B6: 0.13mg (6.51%), Iron: 1.07mg (5.97%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.07mg (4.89%), Vitamin K: 4.95µg (4.71%)