



Nectarine, Goat Cheese and Almond Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 4 ounces goat cheese fresh crumbled
- ☐ 3 nectarines pitted ripe sliced
- ☐ 0.3 cup olive oil
- ☐ 1 small onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 12 cups romaine lettuce hearts chopped
- ☐ 8 servings salt and pepper

- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.3 cup vegetable oil

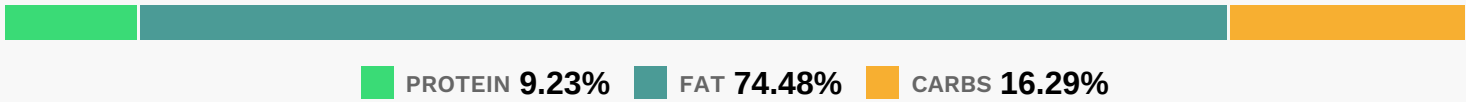
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine lettuce, nectarines, onion, goat cheese and almonds in a large salad bowl.
- ☐ In a small bowl, combine vinegar and mustard. Season with salt and pepper; whisk until salt is dissolved. Slowly add both oils, whisking constantly, until blended and thickened.
- ☐ Just before serving, pour dressing on salad; toss well.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:16.141304505908%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 235.74kcal (11.79%), Fat: 20.31g (31.25%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 6.61g (2.4%), Sugar: 6.05g (6.72%), Cholesterol: 6.52mg (2.17%), Sodium: 266.44mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin A: 6464.55IU (129.29%), Vitamin K: 90.24µg (85.94%), Folate: 106.4µg (26.6%), Vitamin E: 3.7mg (24.69%), Manganese: 0.33mg (16.45%), Fiber: 3.38g

(13.53%), Copper: 0.26mg (12.86%), Vitamin B2: 0.2mg (11.56%), Phosphorus: 108.71mg (10.87%), Magnesium: 36.99mg (9.25%), Potassium: 319.64mg (9.13%), Iron: 1.46mg (8.11%), Vitamin B1: 0.1mg (6.68%), Calcium: 66.3mg (6.63%), Vitamin C: 5.4mg (6.55%), Vitamin B6: 0.13mg (6.35%), Vitamin B3: 1.14mg (5.71%), Zinc: 0.64mg (4.29%), Vitamin B5: 0.35mg (3.45%), Selenium: 1.24µg (1.77%)