



Peach and Arugula Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby arugula
- ☐ 1 tablespoon balsamic vinegar
- ☐ 8 servings pepper black to taste
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 24 slices pancetta italian thin (unsmoked cured bacon;)
- ☐ 4 peaches ()
- ☐ 0.5 cup pecorino crumbled finely

☐ 0.3 teaspoon sea salt (preferably sea salt)

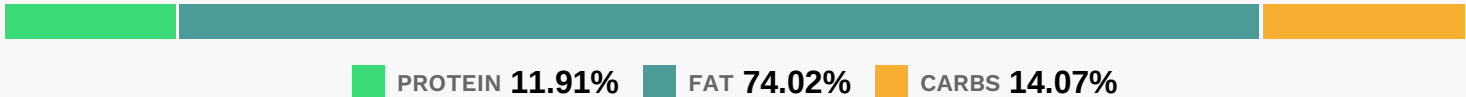
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Whisk together vinegar, juice, and salt, then add extra-virgin oil in a stream, whisking until emulsified.
- ☐ Cut an X in bottom of each peach and immerse in boiling water 15 seconds, then transfer to a bowl of ice water. Peel peaches and cut each into 6 wedges, then unroll pancetta slices and wrap one slice around each wedge, overlapping ends of pancetta.
- ☐ Heat remaining oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook peaches in 2 batches, turning over occasionally with tongs, until pancetta is browned on all sides and cooked through, about 5 minutes per batch.
- ☐ Transfer to a plate and keep warm, covered loosely with foil.
- ☐ Divide arugula and warm pancetta-wrapped peaches among 8 salad plates.
- ☐ Drizzle with dressing and sprinkle with ricotta salata and pepper.
- ☐ Serve immediately.
- ☐ • Dressing can be made 1 hour ahead and kept, covered, at room temperature. • Peaches can be peeled, tossed with an additional teaspoon lemon juice, and wrapped with pancetta 1 hour ahead. Keep chilled, covered with plastic wrap.*Available at Italian markets, cheese shops, and specialty foods shops.

Nutrition Facts



Properties

Glycemic Index:22.66, Glycemic Load:3, Inflammation Score:-5, Nutrition Score:7.5273913145065%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 270.59kcal (13.53%), Fat: 22.49g (34.6%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 8.23g (2.99%), Sugar: 6.97g (7.75%), Cholesterol: 35.63mg (11.88%), Sodium: 378.09mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Vitamin K: 21.04µg (20.04%), Selenium: 12.32µg (17.59%), Vitamin A: 685.59IU (13.71%), Vitamin B3: 2.36mg (11.79%), Phosphorus: 109.91mg (10.99%), Vitamin B1: 0.14mg (9.53%), Vitamin E: 1.32mg (8.78%), Vitamin B6: 0.15mg (7.45%), Potassium: 251.19mg (7.18%), Vitamin C: 5.81mg (7.04%), Calcium: 62.32mg (6.23%), Zinc: 0.92mg (6.15%), Vitamin B2: 0.1mg (5.93%), Manganese: 0.12mg (5.76%), Fiber: 1.39g (5.58%), Folate: 21.18µg (5.29%), Magnesium: 20.28mg (5.07%), Copper: 0.09mg (4.65%), Vitamin B5: 0.45mg (4.49%), Vitamin B12: 0.26µg (4.38%), Iron: 0.75mg (4.17%), Vitamin D: 0.2µg (1.33%)