



Peach and Escarole Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small head endive cut into 1-inch ribbons
- 4 ounces goat cheese crumbled
- 6 servings salt and ground pepper black to taste
- 1 teaspoon mayonnaise
- 2 tablespoons olive oil
- 1 peaches sliced
- 1 tablespoon rice vinegar
- 1 tablespoon sherry vinegar

0.5 cup walnuts toasted

Equipment

bowl

whisk

Directions

Whisk olive oil, rice vinegar, sherry vinegar, mayonnaise, salt, and black pepper in a bowl until smooth.

Place escarole, peach slices, goat cheese, and walnuts in a large bowl; drizzle in vinegar mixture and toss to coat.

Nutrition Facts



PROTEIN 12.84% **FAT 73.72%** **CARBS 13.44%**

Properties

Glycemic Index:39.54, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:14.842608602151%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.63mg, Kaempferol: 7.63mg, Kaempferol: 7.63mg, Kaempferol: 7.63mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 183.9kcal (9.2%), Fat: 15.73g (24.2%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 3.07g (1.12%), Sugar: 2.71g (3.01%), Cholesterol: 8.97mg (2.99%), Sodium: 94.1mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Vitamin K: 178.66µg (170.16%), Vitamin A: 1904.91IU (38.1%), Manganese: 0.7mg (34.87%), Folate: 119.87µg (29.97%), Copper: 0.39mg (19.45%), Fiber: 3.38g (13.51%), Phosphorus: 109.22mg (10.92%), Potassium: 316.45mg (9.04%), Vitamin B5: 0.9mg (9%), Vitamin B2: 0.15mg (8.87%), Vitamin E: 1.31mg (8.73%), Magnesium: 31.98mg (8%), Iron: 1.4mg (7.78%), Calcium: 76.87mg (7.69%), Zinc: 1.13mg (7.52%), Vitamin B1: 0.11mg (7.51%), Vitamin C: 6.04mg (7.32%), Vitamin B6: 0.12mg (6.06%), Vitamin B3: 0.69mg (3.47%), Selenium: 1.72µg (2.45%)