



Peach-and-Walnut Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup cream cheese fat-free softened
- ☐ 1 leaf curly lettuce leaves
- ☐ 6 servings ground cinnamon
- ☐ 29 ounce peaches in heavy syrup chilled undrained sliced canned
- ☐ 0.3 cup walnuts coarsely chopped

Equipment

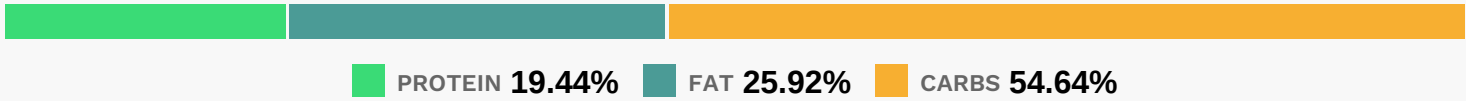
- ☐ bowl
- ☐ whisk

☐ colander

Directions

- ☐ Drain peaches in a colander over a bowl, reserving 1/4 cup syrup.
- ☐ Combine reserved syrup and cream cheese; stir well with a whisk. Stir in nuts.
- ☐ Divide peaches among 6 lettuce-lined bowls.
- ☐ Drizzle 3 tablespoons cream cheese mixture over each serving; sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:4.84, Inflammation Score:-5, Nutrition Score:7.9921738894089%

Flavonoids

Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 124.06kcal (6.2%), Fat: 3.86g (5.93%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 14.84g (5.4%), Sugar: 13.22g (14.68%), Cholesterol: 3.39mg (1.13%), Sodium: 216.47mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.01%), Manganese: 0.6mg (30.23%), Phosphorus: 196.09mg (19.61%), Fiber: 3.45g (13.78%), Calcium: 129.52mg (12.95%), Copper: 0.2mg (10.07%), Vitamin A: 480.88IU (9.62%), Potassium: 276.14mg (7.89%), Vitamin B2: 0.13mg (7.39%), Vitamin E: 1.09mg (7.25%), Vitamin C: 5.77mg (7%), Magnesium: 26.1mg (6.53%), Selenium: 4.56µg (6.52%), Vitamin B3: 1.25mg (6.26%), Zinc: 0.93mg (6.18%), Folate: 23.07µg (5.77%), Vitamin K: 5.13µg (4.89%), Vitamin B5: 0.48mg (4.82%), Iron: 0.83mg (4.61%), Vitamin B12: 0.27µg (4.47%), Vitamin B1: 0.06mg (4.09%), Vitamin B6: 0.08mg (3.89%)