



Peach Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 peaches peeled sliced
- ☐ 0.3 teaspoon salt

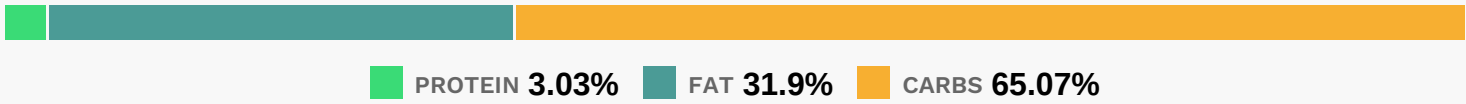
Equipment

- ☐ blender

Directions

☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:7.11, Inflammation Score:-3, Nutrition Score:2.6608695776566%

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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 98.11kcal (4.91%), Fat: 3.77g (5.79%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.07g (5.84%), Sugar: 15.11g (16.79%), Cholesterol: 0mg (0%), Sodium: 156.23mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin C: 6.52mg (7.91%), Vitamin E: 1.08mg (7.23%), Vitamin A: 253.31IU (5.07%), Fiber: 1.22g (4.87%), Vitamin K: 4.44µg (4.23%), Copper: 0.07mg (3.38%), Potassium: 114.66mg (3.28%), Manganese: 0.06mg (3.24%), Vitamin B3: 0.64mg (3.22%), Iron: 0.5mg (2.76%), Selenium: 1.68µg (2.41%), Magnesium: 8.03mg (2.01%), Phosphorus: 19.74mg (1.97%), Vitamin B2: 0.03mg (1.75%), Vitamin B1: 0.02mg (1.49%), Folate: 5.86µg (1.47%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.14mg (1.36%), Vitamin B6: 0.03mg (1.33%)