



 **15%**
HEALTH SCORE

Peach, Ham and Feta Salad with Fruity Olive Oil Dressing

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoon apple cider vinegar
- 4 servings croutons
- 6 ozs feta cheese in oil (oil reserved)
- 4 slices ham thin
- 2 tablespoon peaches
- 4 ozs the salad wild
- 2 tablespoon olive oil

- 2.8 pounds peaches pitted halved lengthwise cut into ¾-inch-thick wedges (8 cups)
- 4 servings salt and pepper black

Equipment

- bowl

Directions

- In a small bowl, place 2 tablespoons of the reserved oil from the marinated feta and combine with the olive oil, cider apple vinegar and peach juice. Season with salt and pepper, set aside. Tear the slices of ham into smaller pieces, and then toss them in a large bowl with the mesclun leaves and peaches.
- Place in serving bowls or on plates and drizzle with the dressing, leaving some to one side in a jug if there is too much. Crumble over the feta and scatter the croutons over the top.
- Serve with crusty bread to mop the juices up and chilled white wine.
- Serve the extra dressing on the side if there is any.

Nutrition Facts



PROTEIN 15.44% FAT 48.98% CARBS 35.58%

Properties

Glycemic Index:54.88, Glycemic Load:12.02, Inflammation Score:-8, Nutrition Score:17.804347826087%

Flavonoids

Cyanidin: 6.13mg, Cyanidin: 6.13mg, Cyanidin: 6.13mg, Cyanidin: 6.13mg Catechin: 15.71mg, Catechin: 15.71mg, Catechin: 15.71mg, Catechin: 15.71mg Epigallocatechin: 3.32mg, Epigallocatechin: 3.32mg, Epigallocatechin: 3.32mg, Epigallocatechin: 3.32mg Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg Epigallocatechin 3-gallate: 0.96mg, Epigallocatechin 3-gallate: 0.96mg, Epigallocatechin 3-gallate: 0.96mg, Epigallocatechin 3-gallate: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 386.87kcal (19.34%), Fat: 21.79g (33.52%), Saturated Fat: 8.37g (52.34%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 30.77g (11.19%), Sugar: 26.81g (29.79%), Cholesterol: 55.21mg (18.4%), Sodium: 1067.29mg (46.4%), Protein: 15.46g (30.91%), Vitamin B2: 0.54mg (31.57%), Vitamin A: 1542.22IU (30.84%), Phosphorus:

286.27mg (28.63%), Selenium: 19.93µg (28.48%), Vitamin C: 19.67mg (23.84%), Vitamin E: 3.52mg (23.44%), Calcium: 229.53mg (22.95%), Vitamin B3: 4.45mg (22.27%), Vitamin B1: 0.33mg (21.67%), Vitamin B6: 0.39mg (19.47%), Fiber: 4.84g (19.36%), Zinc: 2.68mg (17.87%), Potassium: 551.5mg (15.76%), Copper: 0.3mg (15.12%), Vitamin B12: 0.9µg (14.96%), Vitamin K: 14.56µg (13.86%), Manganese: 0.28mg (13.82%), Folate: 45.41µg (11.35%), Magnesium: 42.75mg (10.69%), Vitamin B5: 1.07mg (10.66%), Iron: 1.88mg (10.45%), Vitamin D: 0.37µg (2.44%)