



Peach Salad with Cumin Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cucumber peeled seeded thinly sliced
- 0.8 teaspoon cumin seeds crushed toasted
- 2 teaspoons mint leaves fresh minced
- 2 teaspoons honey
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 2 cups peaches frozen thawed sliced

0.5 cup raspberries fresh

0.5 teaspoon salt

Equipment

bowl

Directions

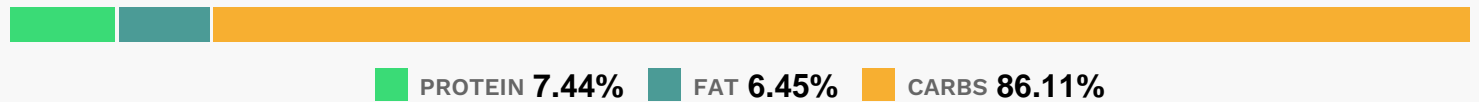
Combine first 6 ingredients in a bowl, tossing gently.

Combine cumin, salt, and pepper; sprinkle over peach mixture.

Add raspberries, and toss gently to combine.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:4.47, Inflammation Score:-4, Nutrition Score:4.0565217422402%

Flavonoids

Cyanidin: 8.34mg, Cyanidin: 8.34mg, Cyanidin: 8.34mg, Cyanidin: 8.34mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 57.47kcal (2.87%), Fat: 0.46g (0.7%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 11.23g (4.08%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 302.37mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin C: 9.99mg (12.11%), Manganese: 0.2mg (10.24%), Fiber: 2.48g (9.93%), Vitamin K: 6.1µg (5.81%), Vitamin A: 287.83IU (5.76%), Copper: 0.1mg (5.23%), Potassium: 176.6mg (5.05%), Vitamin E: 0.72mg (4.82%), Iron: 0.72mg (4.02%), Magnesium: 15.42mg (3.85%), Vitamin B3: 0.75mg (3.75%), Folate: 13.39µg (3.35%), Phosphorus: 30.85mg (3.08%), Vitamin B5: 0.26mg (2.57%), Selenium: 1.74µg (2.49%), Vitamin B1: 0.04mg (2.48%), Vitamin B6: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.44%), Zinc: 0.33mg (2.18%), Calcium: 16.6mg (1.66%)