



 **53%**
HEALTH SCORE

Peach Salad with Raspberry Vinaigrette

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds chopped
- 0.3 cup asiago cheese grated
- 4 servings salt and ground pepper black to taste
- 2 peaches fresh sliced
- 0.3 cup onion red sliced
- 10 ounce pkt spinach fresh
- 0.5 cup raspberry vinaigrette dressing

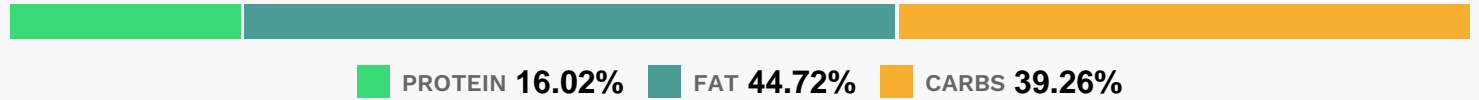
Equipment

bowl

Directions

- Combine spinach, almonds, onion, and Asiago cheese in a large bowl.
- Drizzle dressing over salad and season with salt and pepper.
- Add peaches and toss.

Nutrition Facts



Properties

Glycemic Index:42.06, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:25.039565177715%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 208.29kcal (10.41%), Fat: 11.03g (16.97%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 16.62g (6.04%), Sugar: 14.25g (15.84%), Cholesterol: 4.25mg (1.42%), Sodium: 426.55mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Vitamin K: 344.89µg (328.47%), Vitamin A: 6940.14IU (138.8%), Manganese: 1.12mg (56.06%), Vitamin E: 6.58mg (43.86%), Folate: 152.85µg (38.21%), Vitamin C: 23.98mg (29.06%), Magnesium: 114.51mg (28.63%), Vitamin B2: 0.39mg (22.68%), Fiber: 5.17g (20.68%), Calcium: 198.76mg (19.88%), Phosphorus: 184.61mg (18.46%), Potassium: 644.55mg (18.42%), Copper: 0.34mg (17.16%), Iron: 2.93mg (16.27%), Vitamin B6: 0.2mg (10.17%), Vitamin B3: 1.8mg (8.99%), Zinc: 1.3mg (8.68%), Vitamin B1: 0.12mg (7.91%), Selenium: 4.49µg (6.42%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.08µg (1.25%)