



Peaches and Mixed Greens Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons crème fraîche
- ☐ 3 tablespoons crème de cassis black currant-flavored (liqueur)
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup green onions thinly sliced (2 bunches)
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 2 tablespoons honey

- ☐ 8 ounces salad greens mixed
- ☐ 2 cups peaches peeled thinly sliced (2 large)
- ☐ 2 cups raspberries divided
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon sugar

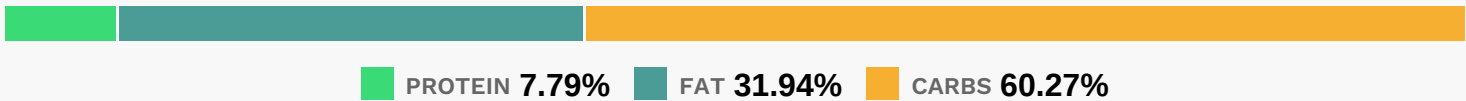
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine 1/2 cup raspberries, crme de cassis, and sugar in a small saucepan over medium heat; bring to a simmer. Cook 5 minutes or until raspberries are very tender; cool to room temperature. Press raspberry mixture through a fine sieve into a bowl, reserving liquid; discard solids.
- ☐ Combine raspberry liquid, shallots, and next 6 ingredients (through salt) in a medium bowl, stirring with a whisk.
- ☐ Combine remaining 1 1/2 cups raspberries, mixed salad greens, and remaining ingredients in a large bowl; add shallot mixture, tossing gently to coat greens.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:7.1, Inflammation Score:-7, Nutrition Score:10.671738993215%

Flavonoids

Cyanidin: 24.36mg, Cyanidin: 24.36mg, Cyanidin: 24.36mg, Cyanidin: 24.36mg Petunidin: 0.41mg, Petunidin: 0.41mg, Petunidin: 0.41mg, Petunidin: 0.41mg Delphinidin: 7.15mg, Delphinidin: 7.15mg, Delphinidin: 7.15mg, Delphinidin: 7.15mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epigallocatechin 3–gallate: 0.44mg, Epigallocatechin 3–gallate: 0.44mg, Epigallocatechin 3–gallate: 0.44mg, Epigallocatechin 3–gallate: 0.44mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 138.78kcal (6.94%), Fat: 5.34g (8.22%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 18.26g (6.64%), Sugar: 14.71g (16.35%), Cholesterol: 2.36mg (0.79%), Sodium: 126.82mg (5.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin C: 37.09mg (44.96%), Manganese: 0.84mg (42.1%), Vitamin K: 23.23µg (22.12%), Fiber: 4.43g (17.73%), Vitamin A: 737.93IU (14.76%), Vitamin E: 1.86mg (12.42%), Copper: 0.23mg (11.63%), Folate: 39.93µg (9.98%), Potassium: 305.43mg (8.73%), Magnesium: 33.5mg (8.37%), Iron: 1.37mg (7.58%), Phosphorus: 71.3mg (7.13%), Vitamin B6: 0.13mg (6.42%), Vitamin B1: 0.09mg (6.14%), Vitamin B3: 1.07mg (5.36%), Vitamin B2: 0.08mg (4.66%), Zinc: 0.63mg (4.22%), Calcium: 41.97mg (4.2%), Vitamin B5: 0.39mg (3.85%), Selenium: 2.07µg (2.95%)