



Peaches with Mint-Almond Pesto and Brie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 4.5 ounce round brie cheese cut into 8 wedges
- ☐ 1 ounce bread french
- ☐ 1 cup mint leaves fresh
- ☐ 4 peaches
- ☐ 8 cups gourmet salad greens

☐ 0.3 cup sugar

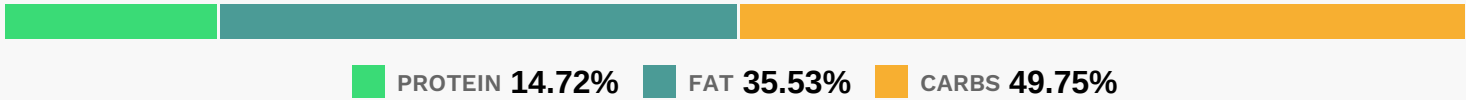
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cut an X on the bottoms of the peaches, carefully cutting just through the skin. Fill a large Dutch oven with water, and bring to a boil. Immerse the peaches for 20 seconds; remove with a slotted spoon, and plunge into ice water. Slip skins off peaches using a paring knife (skin will be very loose).
- ☐ Cut the peaches in half, and remove pits.
- ☐ Combine mint and sugar in a blender or food processor; process until chopped.
- ☐ Add the vinegar and pepper; process until well-blended.
- ☐ Pour the mint mixture into a large bowl, and add almonds and peach halves. Cover and chill 4 hours.
- ☐ Remove peaches with a slotted spoon, reserving marinade.
- ☐ Arrange salad greens on each of 8 plates, and top with a peach half and a cheese wedge.
- ☐ Drizzle with marinade.
- ☐ Serve with French bread.

Nutrition Facts



Properties

Glycemic Index:38.73, Glycemic Load:8.76, Inflammation Score:-7, Nutrition Score:7.3560869382775%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 146.87kcal (7.34%), Fat: 6.05g (9.32%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 17.1g (6.22%), Sugar: 13.47g (14.97%), Cholesterol: 15.95mg (5.32%), Sodium: 144.54mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin A: 1032.45IU (20.65%), Vitamin C: 14.14mg (17.14%), Manganese: 0.26mg (13.06%), Vitamin B2: 0.19mg (10.94%), Folate: 41.54µg (10.39%), Phosphorus: 82.74mg (8.27%), Vitamin E: 1.23mg (8.22%), Fiber: 1.97g (7.89%), Selenium: 5.2µg (7.43%), Potassium: 244.04mg (6.97%), Copper: 0.13mg (6.65%), Magnesium: 26.51mg (6.63%), Iron: 1.14mg (6.33%), Vitamin B3: 1.24mg (6.21%), Calcium: 61.06mg (6.11%), Zinc: 0.82mg (5.45%), Vitamin B6: 0.1mg (5.14%), Vitamin B1: 0.08mg (5.07%), Vitamin B12: 0.26µg (4.39%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 2.69µg (2.56%)