



WHATSheATE



Pickled Nectarine Salad with Burrata



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces mozzarella fresh
- ☐ 1 cup mint leaves fresh
- ☐ 4 cups the salad mixed (such as arugula and mizuna)
- ☐ 4 servings pepper freshly ground
- ☐ 2 nectarines thinly sliced
- ☐ 2 tablespoons olive oil plus more for drizzling
- ☐ 0.3 small onion red thinly sliced
- ☐ 1 teaspoon sugar

☐ 0.3 cup citrus champagne vinegar

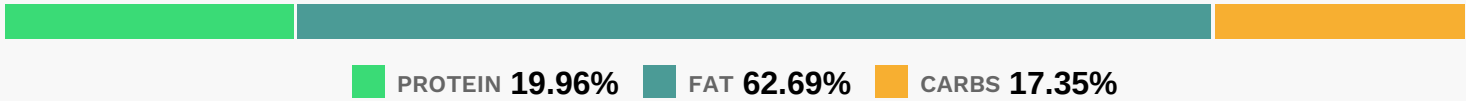
Equipment

☐ bowl

Directions

- ☐ Toss nectarines, onion, vinegar, and sugar in a large bowl; season with salt and pepper.
- ☐ Let sit 10 minutes.
- ☐ Pour off pickling liquid from nectarines and onion, reserving liquid.
- ☐ Add greens, mint, 2 tablespoons oil, and 2–3 tablespoons reserved liquid; toss to combine.
- ☐ Place burrata on plates, top with salad, and drizzle with oil. Season with salt and pepper.
- ☐ Per serving: 280 calories, 20 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:49.77, Glycemic Load:3.53, Inflammation Score:-8, Nutrition Score:11.684782733088%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 283.63kcal (14.18%), Fat: 20.02g (30.8%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 10.36g (3.77%), Sugar: 7.48g (8.31%), Cholesterol: 44.79mg (14.93%), Sodium: 380.26mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.67%), Calcium: 323.29mg (32.33%), Vitamin A: 1551.99IU (31.04%), Phosphorus: 246.33mg (24.63%), Vitamin B12: 1.29µg (21.55%), Vitamin C: 15.5mg (18.79%),

Selenium: 9.84µg (14.06%), Manganese: 0.28mg (13.75%), Vitamin B2: 0.23mg (13.63%), Zinc: 2.03mg (13.54%),
Vitamin E: 1.55mg (10.34%), Folate: 37.18µg (9.29%), Fiber: 2.11g (8.43%), Potassium: 286.2mg (8.18%), Magnesium:
32.59mg (8.15%), Iron: 1.42mg (7.87%), Vitamin K: 7.13µg (6.79%), Vitamin B3: 1.28mg (6.38%), Copper: 0.13mg
(6.35%), Vitamin B6: 0.09mg (4.69%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.31mg (3.07%), Vitamin D: 0.23µg
(1.51%)