



Pop-Pop's Grilled Peach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinaigrette dressing divided kraft
- 1 large heirloom tomatoes sliced
- 2 large peaches fresh pitted ripe halved
- 1 small rosemary sprigs fresh

Equipment

- grill

Directions

- Preheat grill to medium-high heat.
- Brush peaches with 2 Tbsp. of the dressing. Grill 5 to 8 min. or until peaches are softened, turning after 4 min.
- Remove from grill; cut into wedges.
- Arrange tomatoes on serving plate; top evenly with peaches.
- Drizzle with remaining dressing; top with rosemary.

Nutrition Facts

PROTEIN 3.09% **FAT 64.48%** **CARBS 32.43%**

Properties

Glycemic Index:3.91, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.80652174288812%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 30.69kcal (1.53%), Fat: 2.23g (3.43%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.9g (2.12%), Cholesterol: 0mg (0%), Sodium: 55.84mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin A: 134.32IU (2.69%), Vitamin C: 1.98mg (2.39%), Fiber: 0.38g (1.51%), Potassium: 43.25mg (1.24%), Vitamin E: 0.18mg (1.18%), Vitamin K: 1.24µg (1.18%), Manganese: 0.02mg (1.08%)