



Roasted Vegetable Salad With Dried Peach Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 fennel bulbs sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup peaches dried chopped
- ☐ 1 cup peach nectar
- ☐ 0.8 teaspoon pepper divided

- ☐ 6 cups torn salad greens mixed
- ☐ 0.8 teaspoon salt divided
- ☐ 1 shallots minced
- ☐ 2 onions sweet sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Toss together first 3 ingredients in a shallow roasting pan; stir in 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Bake at 450, stirring occasionally, for 30 to 40 minutes or until tender.
- ☐ Remove from oven; set aside.
- ☐ Bring chopped peach and nectar to a boil in a saucepan. Cover, reduce heat, and simmer 5 minutes; let mixture cool.
- ☐ Process peach mixture in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Pour into a bowl; whisk in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper, shallot, mustard, lemon juice, and 1 tablespoon oil.
- ☐ Drizzle roasted vegetables with 1/4 cup peach mixture, and toss gently.
- ☐ Drizzle mixed greens with 1/3 cup peach mixture, and toss gently; divide greens among 6 individual plates, and top evenly with roasted vegetables.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:10.480434739071%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 113.85kcal (5.69%), Fat: 2.88g (4.44%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 18.06g (6.57%), Sugar: 14.56g (16.18%), Cholesterol: 0mg (0%), Sodium: 358.78mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 51.86µg (49.39%), Vitamin C: 25.5mg (30.91%), Manganese: 0.35mg (17.47%), Potassium: 563.51mg (16.1%), Folate: 64.01µg (16%), Fiber: 3.76g (15.05%), Vitamin A: 689.84IU (13.8%), Vitamin B6: 0.25mg (12.27%), Phosphorus: 90.37mg (9.04%), Magnesium: 31.32mg (7.83%), Copper: 0.15mg (7.68%), Calcium: 71.37mg (7.14%), Iron: 1.25mg (6.97%), Vitamin E: 0.99mg (6.58%), Vitamin B1: 0.1mg (6.35%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.43mg (2.84%), Selenium: 1.61µg (2.3%)