



Romaine and Peach Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon cheese blue crumbled
- ☐ 8.3 ounce peaches in juice sliced canned
- ☐ 0.5 teaspoon olive oil
- ☐ 2 tablespoons purple onion chopped
- ☐ 2 cups torn romaine lettuce
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons citrus champagne vinegar

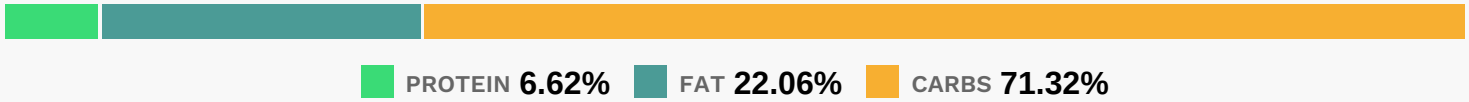
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Drain peaches, reserving 2 tablespoons juice. Set peaches aside.
- ☐ Combine peach juice, vinegar, olive oil, and sugar, stirring well with a wire whisk.
- ☐ Combine peaches, lettuce, and onion in a medium bowl; toss gently. Arrange lettuce mixture evenly on 2 salad plates; top evenly with blue cheese.
- ☐ Drizzle vinegar mixture evenly over salads.
- ☐ Sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:82.42, Glycemic Load:6.22, Inflammation Score:-10, Nutrition Score:9.189130536564%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 93.68kcal (4.68%), Fat: 2.31g (3.55%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 15.42g (5.61%), Sugar: 13.25g (14.72%), Cholesterol: 2.63mg (0.88%), Sodium: 50.32mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin A: 4121.77IU (82.44%), Vitamin K: 48.9µg (46.57%), Folate: 67.08µg (16.77%), Manganese: 0.18mg (8.98%), Potassium: 263.64mg (7.53%), Fiber: 1.39g (5.56%), Calcium: 46.57mg (4.66%), Vitamin C: 3.75mg (4.54%), Vitamin B1: 0.06mg (4.27%), Phosphorus: 39.93mg (3.99%), Vitamin B2: 0.07mg (3.98%), Iron: 0.7mg (3.9%), Magnesium: 14.83mg (3.71%), Vitamin B6: 0.07mg (3.68%), Copper: 0.04mg (2.17%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.25mg (1.64%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.28mg (1.4%), Selenium: 0.87µg (1.24%)