



Stone Fruit Salad with Toasted Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon roasted almond oil
- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 apricots peeled sliced
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup cherries fresh pitted halved
- ☐ 2 ounces goat cheese crumbled
- ☐ 8 cups the salad mixed
- ☐ 2 nectarines peeled sliced

- ☐ 2 peaches peeled sliced
- ☐ 3 plums sliced
- ☐ 1 cup wine sweet
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

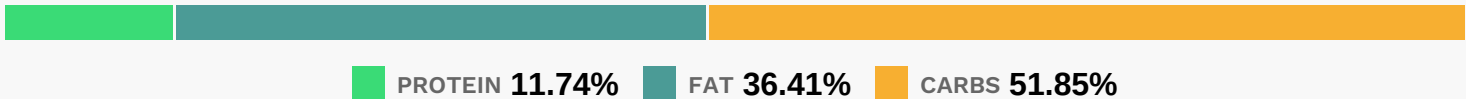
Equipment

- ☐ sauce pan

Directions

- ☐ Heat wine in a medium saucepan over medium-high heat until reduced to 2 tablespoons (about 10 minutes).
- ☐ Remove from heat, and stir in vinegar, oil, salt, and pepper.
- ☐ To serve salad, toss salad greens and fruit with dressing.
- ☐ Sprinkle with goat cheese and sliced almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.43, Glycemic Load:5.73, Inflammation Score:-8, Nutrition Score:8.9791304261788%

Flavonoids

Cyanidin: 9.12mg, Cyanidin: 9.12mg, Cyanidin: 9.12mg, Cyanidin: 9.12mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 6.36mg, Catechin: 6.36mg, Catechin: 6.36mg, Catechin: 6.36mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 5.08mg, Epicatechin: 5.08mg, Epicatechin: 5.08mg, Epicatechin: 5.08mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg

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Nutrients (% of daily need)

Calories: 177.89kcal (8.89%), Fat: 6.47g (9.95%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 17.78g (6.46%), Sugar: 15.1g (16.78%), Cholesterol: 4.35mg (1.45%), Sodium: 160.55mg (6.98%), Alcohol: 4.12g (100%), Alcohol %: 1.93% (100%), Protein: 4.69g (9.38%), Vitamin A: 1373.48IU (27.47%), Vitamin C: 21.32mg (25.84%), Vitamin E: 2.64mg (17.61%), Manganese: 0.31mg (15.59%), Copper: 0.25mg (12.44%), Fiber: 2.94g (11.78%), Potassium: 391.9mg (11.2%), Phosphorus: 103.38mg (10.34%), Vitamin B2: 0.15mg (9.05%), Magnesium: 34.19mg (8.55%), Vitamin B3: 1.67mg (8.33%), Folate: 31.97µg (7.99%), Vitamin B6: 0.14mg (6.98%), Iron: 1.24mg (6.88%), Vitamin K: 5.87µg (5.59%), Vitamin B1: 0.08mg (5.13%), Vitamin B5: 0.43mg (4.33%), Zinc: 0.64mg (4.23%), Calcium: 41.81mg (4.18%), Selenium: 1.72µg (2.46%)