



WHATSheATE



Strawberries, Peaches, and Basil with Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients



1.5 cups blueberries fresh



0.3 cup basil fresh



1 tablespoon olive oil extra virgin extra-virgin



1 cup orange juice fresh



1 large nectarines ripe cut into 16 wedges



1 Dash salt



1 pound strawberries fresh halved

- ☐ 1.5 tablespoons sugar
- ☐ 1.5 tablespoons citrus champagne vinegar

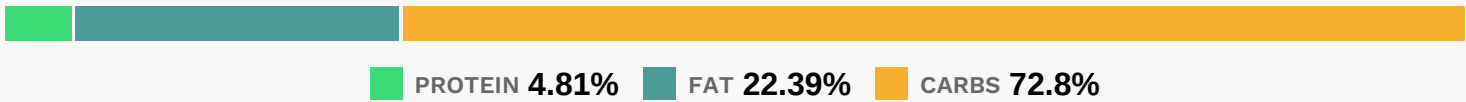
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a small saucepan; bring to a boil. Cook until reduced to 1/2 cup (about 15 minutes).
- ☐ Add oil and salt to pan, stirring with a whisk.
- ☐ Let stand 2 minutes.
- ☐ Combine berries and peach in a large bowl.
- ☐ Add juice mixture, stirring gently.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:78.77, Glycemic Load:12.99, Inflammation Score:-7, Nutrition Score:11.983043468517%

Flavonoids

Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg Petunidin: 17.62mg, Petunidin: 17.62mg, Petunidin: 17.62mg, Petunidin: 17.62mg Delphinidin: 20.02mg, Delphinidin: 20.02mg, Delphinidin: 20.02mg, Delphinidin: 20.02mg Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 11.32mg, Peonidin: 11.32mg, Peonidin: 11.32mg, Peonidin: 11.32mg Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-

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Nutrients (% of daily need)

Calories: 160.71kcal (8.04%), Fat: 4.28g (6.59%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 26.99g (9.81%), Sugar: 23.85g (26.5%), Cholesterol: 0mg (0%), Sodium: 17.69mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin C: 104.49mg (126.66%), Manganese: 0.67mg (33.7%), Vitamin K: 22.38µg (21.31%), Fiber: 4.33g (17.33%), Folate: 52.51µg (13.13%), Potassium: 398.07mg (11.37%), Vitamin E: 1.42mg (9.49%), Vitamin B1: 0.12mg (7.82%), Copper: 0.15mg (7.6%), Vitamin A: 376.18IU (7.52%), Magnesium: 29.59mg (7.4%), Vitamin B3: 1.37mg (6.84%), Vitamin B6: 0.12mg (5.95%), Phosphorus: 55.85mg (5.58%), Iron: 0.96mg (5.31%), Vitamin B2: 0.08mg (4.64%), Vitamin B5: 0.4mg (4.04%), Calcium: 32.15mg (3.22%), Zinc: 0.37mg (2.5%)