



Summer Grilled Peach Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula
- ☐ 2 tablespoons chives finely chopped
- ☐ 3 tablespoons olive oil extra virgin divided
- ☐ 4 oz wedge gorgonzola cheese
- ☐ 0.3 cup honey
- ☐ 4 large peaches fresh ripe halved
- ☐ 1 cup pecans
- ☐ 4 servings salt and pepper freshly ground

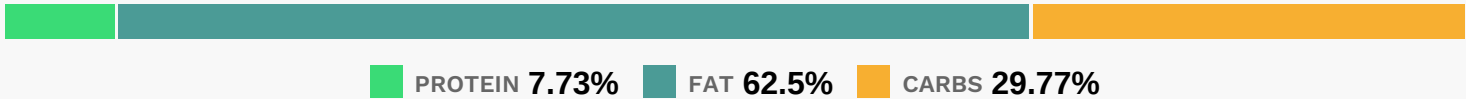
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 10 to 12 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Gently toss peach halves in 1 Tbsp. olive oil; sprinkle with salt and pepper to taste. Grill peaches, cut sides down, covered with grill lid, 2 to 3 minutes or until golden. Turn peaches, and place 1 cheese piece in center of each peach; grill, covered with grill lid, 2 to 3 minutes or until cheese begins to melt.
- ☐ Toss arugula with remaining 2 Tbsp. olive oil and salt and pepper to taste. Arrange arugula on a serving platter; sprinkle with toasted pecans, and top with grilled peach halves.
- ☐ Drizzle peaches with honey, and sprinkle with chives.
- ☐ *Aged balsamic vinegar may be substituted.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:15.53, Inflammation Score:-8, Nutrition Score:15.977391323318%

Flavonoids

Cyanidin: 6.02mg, Cyanidin: 6.02mg, Cyanidin: 6.02mg, Cyanidin: 6.02mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 10.4mg, Catechin: 10.4mg, Catechin: 10.4mg, Catechin: 10.4mg Epigallocatechin: 3.21mg, Epigallocatechin: 3.21mg, Epigallocatechin: 3.21mg, Epigallocatechin: 3.21mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Epigallocatechin 3-gallate: 1.09mg, Epigallocatechin 3-gallate: 1.09mg, Epigallocatechin 3-gallate: 1.09mg, Epigallocatechin 3-gallate: 1.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg

Isorhamnetin: 0.53mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg
Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 504.78kcal (25.24%), Fat: 37.01g (56.93%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 34.43g (12.52%), Sugar: 33.43g (37.15%), Cholesterol: 21.26mg (7.09%), Sodium: 546.36mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Manganese: 1.28mg (63.91%), Vitamin K: 27.21µg (25.92%), Copper: 0.46mg (23.13%), Phosphorus: 223.69mg (22.37%), Vitamin A: 1103.26IU (22.07%), Vitamin E: 3.25mg (21.69%), Fiber: 5.24g (20.96%), Calcium: 192.89mg (19.29%), Zinc: 2.38mg (15.87%), Vitamin B1: 0.22mg (14.61%), Magnesium: 56.23mg (14.06%), Selenium: 8.94µg (12.77%), Potassium: 440.05mg (12.57%), Vitamin B2: 0.21mg (12.54%), Vitamin C: 9.92mg (12.03%), Vitamin B5: 1.03mg (10.34%), Vitamin B3: 2.06mg (10.28%), Folate: 37.85µg (9.46%), Iron: 1.63mg (9.05%), Vitamin B6: 0.16mg (7.86%), Vitamin B12: 0.35µg (5.76%)