



Summer Peach and Tomato Salad

 Vegetarian  Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons torn basil
- 0.1 teaspoon pepper black freshly ground
- 1 ounce feta cheese crumbled
- 0.3 pound heirloom beefsteak tomatoes thick cut into wedges
- 1 teaspoon honey
- 1.5 teaspoons olive oil extra-virgin
- 0.3 cup thinly onion red vertically sliced
- 0.5 pound peaches pitted ripe cut into wedges

- 0.3 pound pear tomatoes halved
- 0.1 teaspoon salt
- 1 tablespoon sherry vinegar

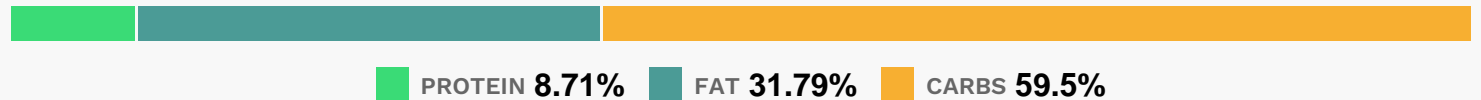
Equipment

- bowl
- whisk

Directions

- Combine first 4 ingredients in a large bowl.
- Combine vinegar, olive oil, honey, salt, and pepper in a small bowl, stirring with a whisk.
- Drizzle vinegar mixture over peach mixture; toss well to coat.
- Sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:80.82, Glycemic Load:4.56, Inflammation Score:-5, Nutrition Score:4.6904347849929%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 87.54kcal (4.38%), Fat: 3.29g (5.06%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.59g (4.22%), Sugar: 10.13g (11.26%), Cholesterol: 6.31mg (2.1%), Sodium: 163.39mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin A: 511.28IU (10.23%), Vitamin C: 8.38mg (10.15%), Vitamin K: 10.51µg (10.01%), Fiber: 2.27g (9.1%), Manganese: 0.12mg (5.91%), Vitamin E: 0.84mg (5.6%), Vitamin B2: 0.09mg (5.55%), Potassium: 194.42mg (5.55%), Phosphorus: 50.49mg (5.05%), Copper: 0.1mg (4.81%), Calcium: 47.33mg (4.73%), Vitamin B6: 0.09mg (4.46%), Vitamin B3: 0.76mg (3.82%), Folate: 14.53µg (3.63%), Selenium: 2.35µg (3.36%), Magnesium: 12.92mg (3.23%), Zinc: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.89%), Iron: 0.46mg (2.55%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.12µg (2%)