



Tomato Peach Salad with Ricotta

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons almonds sliced
- 2 cups basil leaves fresh for garnish
- 8 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 4 but peaches yellow firm ripe
- 6 tablespoons ricotta cheese
- 4 large tomatoes

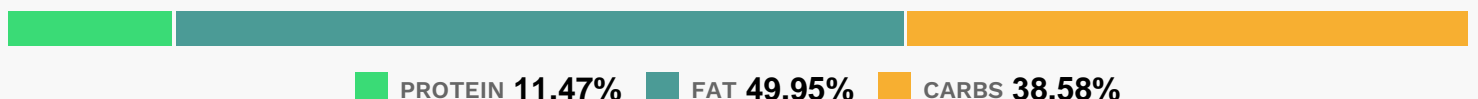
Equipment

- baking sheet
- sauce pan
- oven
- blender
- slotted spoon

Directions

- Preheat the oven to 350 degrees F.
- Spread the almonds out on a baking sheet and bake until light golden, 6 to 8 minutes. Set aside to cool.
- Bring a medium saucepan of water to a boil.
- Cut an "x" in the bottoms of the peaches and tomatoes. Carefully add the peaches to the water and boil until the skins just start to peel back, about 1 minute.
- Remove with a slotted spoon. Repeat with the tomatoes, boiling for about 15 seconds. Set aside.
- Add the basil to the boiling water and cook until just wilted and bright green, about 15 seconds.
- Transfer with a slotted spoon to a blender and puree until smooth. With the machine running, add the olive oil and 1/4 teaspoon each salt and pepper.
- Peel and pit the peaches; peel the tomatoes.
- Cut both into 1/2-inch slices.
- Spread the basil puree on a serving platter. Arrange the peaches and tomatoes on top.
- Sprinkle with the lemon juice and dollop the ricotta on top.
- Sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Top with the toasted almonds, garnish with whole basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:27.16, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:9.3573913172535%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 7.26g (11.17%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 9.81g (3.57%), Sugar: 8.95g (9.94%), Cholesterol: 5.74mg (1.91%), Sodium: 24.14mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin K: 36.73µg (34.98%), Vitamin A: 1369.79IU (27.4%), Vitamin C: 17.35mg (21.03%), Vitamin E: 2.57mg (17.11%), Manganese: 0.32mg (15.89%), Fiber: 2.81g (11.25%), Potassium: 367.47mg (10.5%), Copper: 0.18mg (8.9%), Magnesium: 31.5mg (7.87%), Phosphorus: 77.82mg (7.78%), Vitamin B3: 1.35mg (6.75%), Vitamin B2: 0.11mg (6.49%), Folate: 25.62µg (6.41%), Calcium: 56.69mg (5.67%), Vitamin B6: 0.11mg (5.6%), Iron: 0.9mg (5.02%), Selenium: 3.38µg (4.84%), Vitamin B1: 0.06mg (4.23%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.25mg (2.54%)