



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Caramelized Peach Salad with Nueske's Applewood Smoked Bacon

This delicious salad combines the sweetness of caramelized peaches with the smoky flavor of Nueske's Applewood Smoked Bacon. It's a perfect balance of flavors and textures, making it a great option for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	peaches
100 g	nueske's applewood smoked bacon
200 g	Mixed Greens

100 g	Goat Cheese
50 g	walnuts
30 ml	balsamic vinegar
30 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the peaches into wedges and remove the pits.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

In a large skillet, cook the bacon until crispy. Remove from the skillet and crumble into small pieces.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

In the same skillet, add the peach wedges and cook over medium heat until caramelized, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Mixing

In a large bowl, combine the mixed greens, caramelized peaches, crumbled bacon, goat cheese, and walnuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

In a small bowl, whisk together the balsamic vinegar, olive oil, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

Drizzle the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving New Year Anniversary Picnic Game Day

Cuisines

Italian Mexican Thai Greek Spanish Vietnamese Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

Visit our website: healthdor.com