



Arugula Salad with Goat Cheese Medallions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 to 3 logs chèvre cheese fresh cut into 8 to 10 equal rounds (goat)
- 0.3 cup currants
- 3 tablespoons olive oil extra-virgin
- 0.3 cup pinenuts
- 9 cups salad mix rinsed drained
- 10 servings salt and pepper
- 1 tablespoon citrus champagne vinegar

Equipment

- bowl
- frying pan
- spatula

Directions

- In an 8- to 10-inch nonstick frying pan over medium-high heat, stir nuts often until golden, 3 to 4 minutes.
- Add currants, stir, and pour mixture into a small bowl.
- In a wide bowl, mix 2 tablespoons oil and the vinegar.
- Add arugula leaves and mix to coat. Mound equal portions on salad plates.
- Pour 1 tablespoon oil into the frying pan and set over medium-high heat.
- Lay cheese in pan and heat just until warm, turning once with a wide spatula, 3/4 to 1 minute total. Set a portion of cheese on each salad.
- Sprinkle with nuts and currants. Season to taste with salt and pepper.

Nutrition Facts

PROTEIN 5.52% **FAT 72.91%** **CARBS 21.57%**

Properties

Glycemic Index:5.7, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:4.7921738514434%

Flavonoids

Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 6.28mg, Kaempferol: 6.28mg, Kaempferol: 6.28mg, Kaempferol: 6.28mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 86.38kcal (4.32%), Fat: 7.43g (11.43%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.52g (3.91%), Cholesterol: 0.05mg (0.02%), Sodium: 201.38mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Manganese: 0.48mg (23.88%), Vitamin K: 24.73µg (23.56%), Vitamin A: 432.98IU (8.66%), Vitamin E: 1.11mg (7.38%), Magnesium: 21.56mg (5.39%), Folate: 19.48µg (4.87%), Copper: 0.09mg (4.42%), Phosphorus: 40.36mg (4.04%), Potassium: 131.27mg (3.75%), Vitamin C: 2.97mg (3.6%), Iron: 0.64mg (3.53%), Calcium: 34.14mg (3.41%), Fiber: 0.67g (2.66%), Zinc: 0.39mg (2.63%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.03mg (1.93%), Vitamin B3: 0.33mg (1.65%), Vitamin B6: 0.03mg (1.59%)