



Baby Beets and Pistachio Crusted Goat Cheese on a Bed of Frisee with Pinot Noir Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby beets red trimmed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 servings bunchs of kale
- ☐ 1 head frisée
- ☐ 4 ounce goat cheese log
- ☐ 0.3 cup olive oil

- ☐ 2 tablespoons olive oil
- ☐ 750 ml pinot noir chocolate brownies
- ☐ 6 ounces pistachios crushed
- ☐ 2 slices pancetta julienned
- ☐ 12 sage leaves fresh whole
- ☐ 4 servings salt and pepper
- ☐ 1 shallots sliced in rings
- ☐ 2 tablespoons sugar
- ☐ 1 bunch watercress

Equipment

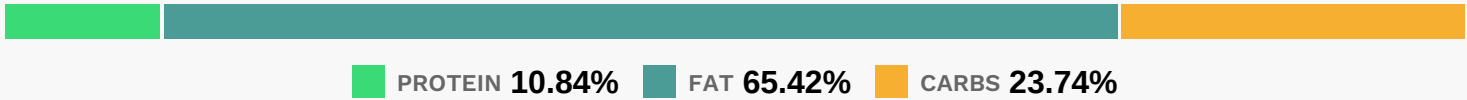
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Coat a small saucepan with 2 tablespoons of olive oil and place over medium heat. Fry the sage until the leaves crisp up, about 2 minutes. Gently remove to a paper towel. Then, fry the prosciutto until crispy and remove with a slotted spoon.
- ☐ Coat the saucepan with the remaining 2 tablespoons of olive oil.
- ☐ Add the shallot and saute for 2 minutes. Deglaze the pan with wine and balsamic vinegar, cook down about 3 minutes.
- ☐ Add the sugar, salt, and pepper. Set the beets in the poaching liquid and cook until tender, about 20 minutes. Set beets aside to cool and reserve the poaching liquid. When cool enough to handle, rub off the beet skins with paper towel. Set aside to cool to room temperature.
- ☐ With a hot knife, cut the goat cheese log into 4 equal wheels.

- ☐
- Lay the crushed pistachios on a flat surface and gently press the cheese into the nuts to coat all sides.
- ☐
- Arrange a handful of frisee, watercress and beet greens on each plate.
- ☐
- Lay the beets and goat cheese slices on top. Top with fried sage and crispy prosciutto.
- ☐
- Whisk the cooled poaching liquid with olive oil; season with salt and pepper.
- ☐
- Drizzle the vinaigrette over each salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.77, Glycemic Load:12.43, Inflammation Score:-10, Nutrition Score:32.884347454361%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 766.71kcal (38.34%), Fat: 47.78g (73.51%), Saturated Fat: 9.94g (62.1%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 28.66g (10.42%), Sugar: 19.91g (22.13%), Cholesterol: 15.68mg (5.23%), Sodium: 454.27mg (19.75%), Alcohol: 19.45g (100%), Alcohol %: 5.03% (100%), Protein: 17.81g (35.63%), Vitamin K: 200.92µg (191.35%), Vitamin A: 4004.45IU (80.09%), Copper: 1.4mg (70.24%), Manganese: 1.25mg (62.34%), Folate: 224.15µg (56.04%), Vitamin B6: 0.98mg (48.84%), Fiber: 10.36g (41.44%), Phosphorus: 371.93mg (37.19%), Vitamin E: 5.4mg (36.03%), Potassium: 1147.18mg (32.78%), Vitamin B1: 0.48mg (32.24%), Vitamin C: 25.46mg (30.86%), Magnesium: 106.21mg (26.55%), Iron: 4.02mg (22.32%), Calcium: 175.05mg (17.5%), Vitamin B2: 0.3mg (17.47%), Vitamin B5: 1.32mg (13.22%), Zinc: 1.96mg (13.05%), Selenium: 5.78µg (8.26%), Vitamin B3: 1.56mg (7.79%), Vitamin B12: 0.07µg (1.23%)