



Baby Tomato and Fresh Goat Cheese Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon basil chopped
- ☐ 1 cup breadcrumbs fresh
- ☐ 1 teaspoon chives chopped
- ☐ 1 eggs
- ☐ 12 sprigs flat parsley
- ☐ 8 ounces goat cheese fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon oregano chopped

- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 4 cups tomatoes

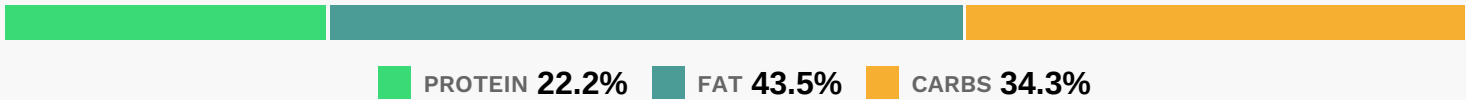
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 375 degrees.
- ☐ Cut the tomatoes in half horizontally.
- ☐ Mix the goat cheese with the herbs and shape the mixture into four 2- inch cakes and chill them for 30 minutes or so. Season the bread crumbs with salt and pepper to taste. Beat the egg with a pinch of salt. Carefully dip the goat cheese cakes into the egg, then into the bread crumbs to coat lightly.
- ☐ Place the cakes on a buttered cookie sheet and bake them until golden brown, about 8 minutes, or brown them in an oiled heavy skillet over medium- high heat.
- ☐ Whisk together the oils and lemon juice and toss with the tomatoes. Season with salt and pepper. Arrange the dressed tomatoes on a serving platter.
- ☐ Place the baked goat cheese cakes on the tomatoes, garnish with the chervil, and serve.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:19.209565100463%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 302.7kcal (15.14%), Fat: 14.79g (22.76%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 22.83g (8.3%), Sugar: 6.28g (6.98%), Cholesterol: 67mg (22.33%), Sodium: 625.05mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.97%), Vitamin K: 67.55µg (64.33%), Vitamin A: 2183.68IU (43.67%), Vitamin C: 26.82mg (32.5%), Copper: 0.59mg (29.57%), Manganese: 0.52mg (25.91%), Phosphorus: 250.71mg (25.07%), Vitamin B1: 0.37mg (24.34%), Vitamin B2: 0.41mg (24.21%), Iron: 3.44mg (19.13%), Folate: 70.21µg (17.55%), Selenium: 11.8µg (16.86%), Calcium: 164.62mg (16.46%), Vitamin B6: 0.32mg (16.2%), Vitamin B3: 3.01mg (15.03%), Fiber: 3.4g (13.61%), Potassium: 466.65mg (13.33%), Magnesium: 42.39mg (10.6%), Zinc: 1.37mg (9.11%), Vitamin B5: 0.86mg (8.6%), Vitamin E: 1.16mg (7.76%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.45µg (2.98%)