



WHATSheATE



Baked goat's cheese with hazelnut crust & balsamic onions



Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 300 g goat cheese (we used Capricorn)
- ☐ 50 g hazelnuts chopped
- ☐ 25 g breadcrumbs
- ☐ 2 eggs beaten
- ☐ 1 leaves arugula red
- ☐ 3 tbsp olive oil
- ☐ 3 onion red halved thinly sliced

- ☐ 4 tbsp balsamic vinegar
- ☐ 4 tbsp clear honey

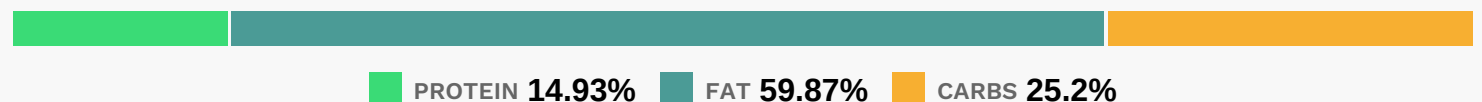
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Halve the goats cheeses horizontally and mix the nuts with the crumbs. Coat the cheese in the egg, then the nut mixture. Mark the cut side of the cheese with a large piece of nut to show which side up it should be.
- ☐ For the onions, heat the oil in a non-stick pan, then add the onions. Stir well and cook for 10 mins until softened and starting to turn golden. Tip in the balsamic vinegar and honey, season and stir over the heat until syrupy. If freezing, open-freeze the cheeses until solid, then wrap individually with cling film and foil. Pack the onions into a freezer bag once cool. To defrost, thaw the onions and warm gently in a pan.
- ☐ To cook and serve, heat oven to 200C/180C fan/gas
- ☐ Place the cheese on a sheet of baking parchment on a baking tray and bake for 20 mins. If youre baking from frozen, add another 5 mins.
- ☐ Arrange the salad leaves on plates and spoon the onions on top.
- ☐ Add the goats cheese, drizzle with any juice from the onions and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:8.15, Inflammation Score:-6, Nutrition Score:11.177826135055%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 357.63kcal (17.88%), Fat: 24.28g (37.35%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 21.03g (7.65%), Sugar: 16.54g (18.38%), Cholesterol: 77.56mg (25.85%), Sodium: 240.73mg (10.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.24%), Manganese: 0.7mg (35.18%), Copper: 0.56mg (28%), Phosphorus: 206.71mg (20.67%), Vitamin B2: 0.3mg (17.86%), Vitamin E: 2.52mg (16.78%), Vitamin B6: 0.27mg (13.57%), Vitamin A: 602.42IU (12.05%), Iron: 2.09mg (11.62%), Calcium: 112.04mg (11.2%), Selenium: 7.54µg (10.77%), Vitamin B1: 0.16mg (10.67%), Folate: 37.66µg (9.41%), Magnesium: 32.27mg (8.07%), Fiber: 1.96g (7.85%), Vitamin B5: 0.74mg (7.42%), Zinc: 1.05mg (6.98%), Vitamin K: 7.02µg (6.68%), Vitamin C: 4.69mg (5.68%), Potassium: 198.29mg (5.67%), Vitamin B12: 0.24µg (4%), Vitamin B3: 0.73mg (3.67%), Vitamin D: 0.49µg (3.29%)