



Bitter Greens with Almonds and Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 6 ounces baby arugula
- ☐ 2 belgian endives thinly sliced
- ☐ 8 ounce log of goat cheese fresh cut into 8 rounds
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 head radicchio thinly shredded cored finely
- ☐ 3 tablespoons raspberry vinegar

- ☐ 1 teaspoon rosemary leaves
- ☐ 1 shallots thinly sliced
- ☐ 0.5 teaspoon thyme leaves
- ☐ 0.5 cup almonds unsalted whole

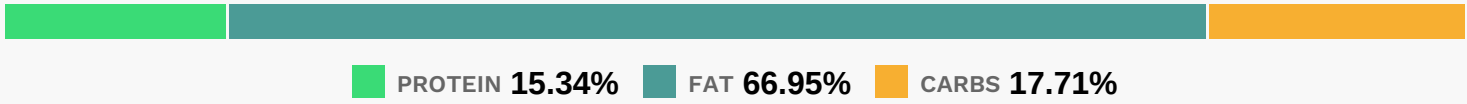
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the almonds in a pie plate and toast for 10 minutes, until golden.
- ☐ Let cool, then coarsely chop.
- ☐ In a bowl, mix the shallot and vinegar; let stand for 10 minutes. In a large bowl, toss the arugula, endives, radicchio and almonds. In a skillet, heat the oil, rosemary and thyme over moderate heat for 2 minutes, until they sizzle. Stir in the jam and cook until melted, 30 seconds.
- ☐ Add the shallot and vinegar and cook over low heat until warmed, 30 seconds. Season with salt and pepper.
- ☐ Pour the dressing over the greens and toss. Mound the salad on plates, arrange 2 rounds of goat cheese on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:21.511304254117%

Flavonoids

Cyanidin: 44.89mg, Cyanidin: 44.89mg, Cyanidin: 44.89mg, Cyanidin: 44.89mg Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg,

Epigallocatechin: 0.46mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg
Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg,
Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin:
0.02mg, Apigenin: 0.02mg Luteolin: 13.42mg, Luteolin: 13.42mg, Luteolin: 13.42mg, Luteolin: 13.42mg Isorhamnetin:
2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 14.92mg, Kaempferol: 14.92mg,
Kaempferol: 14.92mg, Kaempferol: 14.92mg Quercetin: 14.51mg, Quercetin: 14.51mg, Quercetin: 14.51mg, Quercetin:
14.51mg

Nutrients (% of daily need)

Calories: 412.69kcal (20.63%), Fat: 31.81g (48.94%), Saturated Fat: 10.46g (65.39%), Carbohydrates: 18.93g (6.31%),
Net Carbohydrates: 14.59g (5.31%), Sugar: 9.41g (10.46%), Cholesterol: 26.08mg (8.69%), Sodium: 429.89mg
(18.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.81%), Vitamin K: 142.99µg (136.18%), Vitamin
E: 7.19mg (47.91%), Copper: 0.79mg (39.37%), Manganese: 0.73mg (36.7%), Vitamin A: 1655.78IU (33.12%), Vitamin
B2: 0.48mg (28.15%), Phosphorus: 279.51mg (27.95%), Folate: 89.19µg (22.3%), Magnesium: 87.46mg (21.86%),
Calcium: 214.84mg (21.48%), Fiber: 4.34g (17.37%), Iron: 2.91mg (16.15%), Vitamin C: 12.16mg (14.73%), Potassium:
506.84mg (14.48%), Vitamin B6: 0.25mg (12.71%), Zinc: 1.58mg (10.55%), Vitamin B5: 0.81mg (8.1%), Vitamin B1:
0.12mg (8.07%), Vitamin B3: 1.17mg (5.87%), Selenium: 3.2µg (4.58%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg
(1.51%)