



Blue cheese & grape salad with caramelised pecans



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 knob butter
- ☐ 2 tbsp caster sugar
- ☐ 50 g pecan
- ☐ 1 tbsp balsamic vinegar
- ☐ 2 tbsp olive oil
- ☐ 2 heads chicory
- ☐ 100 g rocket

- ☐ 50 g grape (we used Muscat)
- ☐ 140 g cheese blue (roquefort is best)

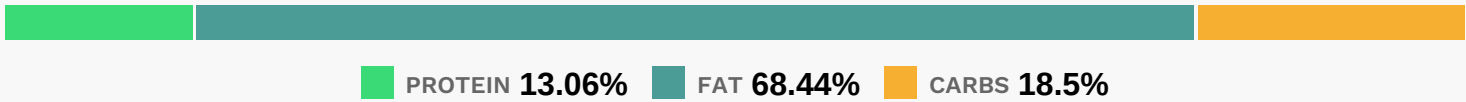
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ First, caramelise the nuts.
- ☐ Heat the butter and sugar in a small frying pan, then stir in the nuts. Cook over a low heat for about 5 mins until the nuts are crisp and coated in the sugary butter. Tip onto an oiled baking sheet, leave to cool slightly, then roughly chop.
- ☐ Whisk together the vinegar and olive oil until well blended, then stir through a little salt and pepper to taste.
- ☐ To serve, tear the leaves off the chicory and put into a bowl with the rocket. Slice the grapes in half, remove the seeds, then add to the bowl with most of the dressing. Gently toss everything together until the leaves are coated, then arrange on 4 serving plates. Crumble over the cheese and top with a scattering of nuts.
- ☐ Drizzle with the remaining dressing to serve.

Nutrition Facts



Properties

Glycemic Index:73.52, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:30.529999955841%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 31.45mg,

Kaempferol: 31.45mg, Kaempferol: 31.45mg, Kaempferol: 31.45mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 386.19kcal (19.31%), Fat: 30.09g (46.29%), Saturated Fat: 11.11g (69.41%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 10.08g (3.67%), Sugar: 8.17g (9.07%), Cholesterol: 37.54mg (12.51%), Sodium: 493.88mg (21.47%), Alcohol: 1.1g (100%), Alcohol %: 0.42% (100%), Protein: 12.92g (25.84%), Vitamin K: 552.76µg (526.44%), Vitamin A: 5869.75IU (117.39%), Folate: 368.76µg (92.19%), Manganese: 1.46mg (73.03%), Calcium: 356.52mg (35.65%), Fiber: 8.21g (32.85%), Vitamin B5: 2.82mg (28.16%), Potassium: 949.41mg (27.13%), Phosphorus: 256.72mg (25.67%), Copper: 0.46mg (22.8%), Vitamin C: 18.54mg (22.47%), Zinc: 3.22mg (21.47%), Vitamin B2: 0.35mg (20.33%), Magnesium: 73.89mg (18.47%), Vitamin B1: 0.24mg (16.27%), Vitamin E: 2.4mg (16.02%), Iron: 2.78mg (15.43%), Vitamin B6: 0.19mg (9.43%), Selenium: 6.3µg (9%), Vitamin B3: 1.48mg (7.38%), Vitamin B12: 0.44µg (7.27%), Vitamin D: 0.17µg (1.17%)