



Cheese and Blackberry Ramekins

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb baguette
- ☐ 1 cup blackberries rinsed drained
- ☐ 0.3 pound chèvre cheese fresh (goat)
- ☐ 1 tablespoon cider vinegar
- ☐ 1 large eggs
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.8 teaspoon rosemary leaves fresh chopped
- ☐ 1 sprig thyme leaves fresh

- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 oz tender salad leaves rinsed
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon shallots minced
- ☐ 0.3 cup walnut halves
- ☐ 1 tablespoon whipping cream

Equipment

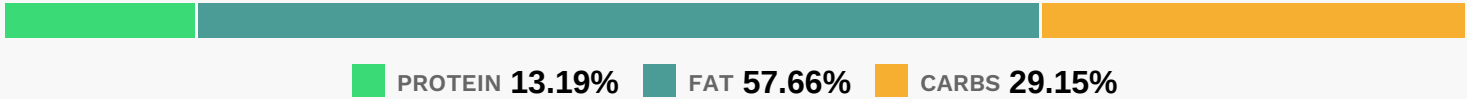
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ pie form

Directions

- ☐ With a spoon, bruise shallots, garlic, and thyme; add oil and vinegar. Set aside 20 minutes or up to 4 hours.
- ☐ Slice baguette 1/4 inch thick on a sharp diagonal to make pieces 3 to 6 inches long. Reserve ends for another use. Toast until golden; set aside.
- ☐ Mix goat cheese, parmesan, egg, and cream. Stir in basil, chives, rosemary, and salt and pepper to taste.
- ☐ Divide berries among 4 shallow ramekins (each about 6 oz.). Cover fruit with cheese mixture. Set ramekins on a baking pan.
- ☐ Place nuts in a 9-inch pie pan.
- ☐ Place ramekins and nuts in a 350 oven.
- ☐ Bake nuts until golden, about 10 minutes, and cheese mixture until set when shaken, about 15 minutes.

- ☐ Meanwhile, pour the oil mixture through a fine strainer into a large bowl, pressing the aromatics. Discard residue. To oil mixture, add salad greens, and mix. Mound salad on 4 dinner plates. Set ramekins alongside and sprinkle cheese and salad with nuts.
- ☐ Serve with baguette slices. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:94.19, Glycemic Load:19.41, Inflammation Score:-8, Nutrition Score:18.525217408719%

Flavonoids

Cyanidin: 36.25mg, Cyanidin: 36.25mg, Cyanidin: 36.25mg, Cyanidin: 36.25mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 474.26kcal (23.71%), Fat: 30.86g (47.47%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 31.19g (11.34%), Sugar: 5.31g (5.9%), Cholesterol: 65.95mg (21.98%), Sodium: 727.22mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.77%), Manganese: 0.98mg (49.11%), Folate: 111.9µg (27.98%), Vitamin B1: 0.42mg (27.79%), Copper: 0.54mg (26.88%), Vitamin C: 22.11mg (26.8%), Vitamin A: 1231.77IU (24.64%), Vitamin B2: 0.42mg (24.6%), Phosphorus: 236.35mg (23.63%), Selenium: 16.32µg (23.31%), Iron: 3.79mg (21.04%), Vitamin K: 21.63µg (20.6%), Vitamin E: 2.83mg (18.9%), Vitamin B3: 3.39mg (16.93%), Calcium: 162.93mg (16.29%), Fiber: 3.9g (15.62%), Vitamin B6: 0.28mg (13.95%), Magnesium: 52.62mg (13.16%), Zinc: 1.63mg (10.85%), Potassium: 320.04mg (9.14%), Vitamin B5: 0.85mg (8.54%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.44µg (2.91%)