



Crispy Goat Cheese Salad

 Vegetarian

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups bread crumbs fresh
- ☐ 1 teaspoon thyme leaves fresh chopped for garnish
- ☐ 12 ounce log goat cheese fresh sliced into 1/2-inch disks
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 4 ounces baby greens mixed washed and dried
- ☐ 0.3 cup rosemary infused olive oil

Equipment

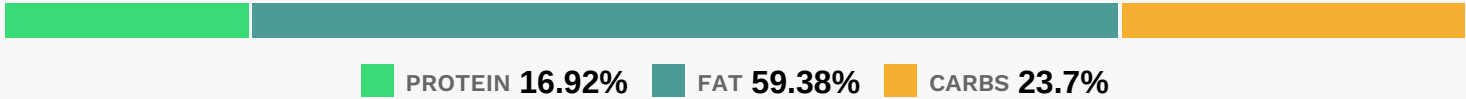
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a small bowl, mix the bread crumbs with salt and pepper, to taste.
- ☐ Add 2 to 3 teaspoons of the olive oil, to just dampen the crumbs and mix well with a fork.
- ☐ Spread onto a rimmed baking sheet and toast in oven until golden and crisped, about 5 to 7 minutes. Allow to cool, then toss in chopped thyme.
- ☐ Brush the goat cheese disks lightly with the remaining 1/4 cup of the oil and season with salt and pepper, to taste. Coat the cheese on all sides with toasted bread crumbs.
- ☐ Bake on a parchment or silicone lined rimmed baking sheet until warmed through, about 5 minutes.
- ☐ Divide the mixed baby greens between 4 plates. Carefully, divide the goat cheese rounds on top of each salad, garnish with a sprig of thyme and serve.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:15.82652172835%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 508.88kcal (25.44%), Fat: 33.6g (51.7%), Saturated Fat: 14.75g (92.2%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 28.29g (10.29%), Sugar: 3.27g (3.63%), Cholesterol: 39.12mg (13.04%), Sodium: 810.91mg (35.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Copper: 0.74mg (37.15%), Vitamin B1: 0.46mg (30.66%), Phosphorus: 296.14mg (29.61%), Vitamin B2: 0.5mg (29.58%), Manganese: 0.51mg (25.4%), Vitamin A: 1224.36IU (24.49%), Iron: 3.92mg (21.75%), Calcium: 199.15mg (19.91%), Selenium: 12.7µg (18.14%), Vitamin B3: 3.22mg (16.09%), Folate: 64.26µg (16.06%), Vitamin B6: 0.29mg (14.3%), Vitamin E: 2.13mg (14.2%), Vitamin K: 12.33µg (11.74%), Zinc: 1.44mg (9.59%), Vitamin C: 7.38mg (8.94%), Magnesium: 34.95mg (8.74%), Vitamin B5:

0.84mg (8.38%), Fiber: 1.89g (7.57%), Vitamin B12: 0.3µg (5.06%), Potassium: 153.47mg (4.38%), Vitamin D: 0.34µg (2.27%)