



Crispy Goat Cheese-Topped Arugula Salad with Pomegranate Vinaigrette

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz baby arugula
- 2 egg whites
- 0.5 cup flour all-purpose
- 16 oz goat cheese
- 4 large navel oranges peeled
- 4 tablespoons olive oil
- 1 cup panko bread crumbs (Japanese breadcrumbs)

- 0.5 teaspoon pepper
- 8 servings balsamic vinaigrette salad dressing

Equipment

- frying pan
- paper towels
- whisk
- aluminum foil

Directions

- Cut each goat cheese log into 6 (1/2-inch) slices.
- Combine flour and pepper in a shallow dish.
- Whisk together egg whites and 2 Tbsp. water in another shallow dish.
- Place panko in a third shallow dish. Dredge goat cheese in flour mixture, dip in egg mixture, and dredge in panko. Arrange goat cheese in a single layer in an aluminum foil-lined jelly-roll pan; cover and chill 30 minutes to 4 hours.
- Cook half of goat cheese rounds in 2 Tbsp. hot olive oil in a large nonstick skillet over medium heat 2 to 3 minutes on each side or until lightly browned.
- Drain on paper towels. Repeat with remaining olive oil and goat cheese rounds.
- Divide arugula and orange sections among 8 plates; drizzle with Pomegranate Vinaigrette. Top each salad with 3 goat cheese rounds.

Nutrition Facts



PROTEIN 17.93% **FAT 55.71%** **CARBS 26.36%**

Properties

Glycemic Index:17.38, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:16.24913046671%

Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.52mg, Isorhamnetin:

1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 321.49kcal (16.07%), Fat: 20.28g (31.2%), Saturated Fat: 9.47g (59.17%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 18.9g (6.87%), Sugar: 7.75g (8.61%), Cholesterol: 26.08mg (8.69%), Sodium: 286.6mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.38%), Vitamin C: 46.69mg (56.59%), Vitamin K: 45.57µg (43.4%), Vitamin A: 1600.2IU (32%), Copper: 0.5mg (25.15%), Vitamin B2: 0.38mg (22.56%), Folate: 87.62µg (21.91%), Phosphorus: 201.81mg (20.18%), Calcium: 182.22mg (18.22%), Manganese: 0.33mg (16.49%), Vitamin B1: 0.24mg (15.81%), Iron: 2.47mg (13.71%), Vitamin B6: 0.24mg (11.81%), Selenium: 7.75µg (11.08%), Fiber: 2.69g (10.75%), Magnesium: 39.41mg (9.85%), Vitamin E: 1.43mg (9.5%), Potassium: 298.8mg (8.54%), Vitamin B5: 0.81mg (8.15%), Vitamin B3: 1.62mg (8.09%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.23µg (1.51%)