



Crispy Warm Goat Cheese Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



764 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bread baguette or country-style toasted sliced
- ☐ 0.5 cup japanese breadcrumbs (panko)
- ☐ 8 ounces rounds crottin de chavignol
- ☐ 2 large eggs beaten
- ☐ 8 cups frisée
- ☐ 0.5 cup garlic vinaigrette
- ☐ 2 cups purple grapes seedless halved
- ☐ 2 tablespoons pinenuts

- ☐ 4 servings vegetable oil
- ☐ 3 tablespoons water

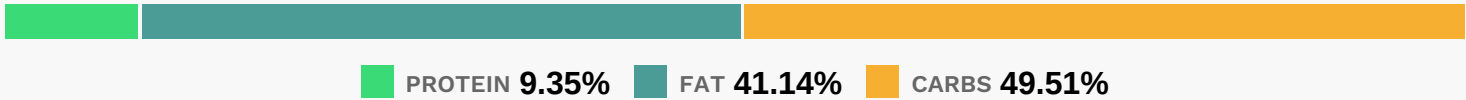
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine eggs and water; dip each cheese round in egg mixture and breadcrumbs, covering all sides. Fry breaded cheese in 1 inch of hot oil in a medium saucepan, 1 to 2 minutes, turning until cheese has browned on all sides and begins to ooze lightly.
- ☐ Toast pine nuts in a dry saut pan on medium heat 4 to 5 minutes or until golden. Toss pine nuts, frise, and grapes with Garlic Vinaigrette, and distribute evenly in 4 salad bowls. Top each salad with a cheese round.
- ☐ Serve immediately with toasted bread.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:28.18, Inflammation Score:-10, Nutrition Score:39.184782297715%

Flavonoids

Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 764.04kcal (38.2%), Fat: 35.57g (54.72%), Saturated Fat: 6.81g (42.57%), Carbohydrates: 96.3g (32.1%), Net Carbohydrates: 88.12g (32.04%), Sugar: 20.86g (23.17%), Cholesterol: 93mg (31%), Sodium: 1026.8mg (44.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.38%), Vitamin K: 368.15µg (350.62%), Vitamin A: 5904.81IU (118.1%), Manganese: 1.88mg (93.95%), Folate: 241.19µg (60.3%), Vitamin B1: 0.86mg (57.41%),

Vitamin E: 6.46mg (43.05%), Iron: 7.23mg (40.17%), Vitamin B2: 0.68mg (39.9%), Phosphorus: 392.9mg (39.29%),
Vitamin C: 31.76mg (38.5%), Selenium: 25.75µg (36.78%), Vitamin B3: 7.1mg (35.51%), Copper: 0.69mg (34.63%),
Fiber: 8.18g (32.7%), Calcium: 320.12mg (32.01%), Vitamin B6: 0.54mg (26.8%), Potassium: 856.4mg (24.47%),
Vitamin B5: 2.18mg (21.84%), Magnesium: 85.45mg (21.36%), Zinc: 2.26mg (15.1%), Vitamin B12: 0.25µg (4.15%),
Vitamin D: 0.5µg (3.33%)