



Dandelion Salad with Lardons and Goat Cheese Phyllo Blossoms

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz bacon cut into 1/8-inch-thick slices, then cut into 1-inch-wide pieces (to form lardons)
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 lb dandelion greens cut into 2-inch pieces (10 cups)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs
- ☐ 1 cup mild goat cheese soft at room temperature
- ☐ 3 tablespoons heavy cream

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2.5 tablespoons sherry vinegar
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons butter unsalted melted

Equipment

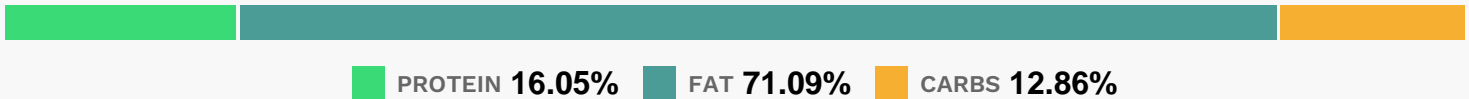
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Brush muffin cups with some melted butter.
- ☐ Stir together goat cheese, cream, egg, mustard, and pepper in a bowl until combined well.
- ☐ Cover phyllo with 2 overlapping sheets of plastic wrap and then a dampened kitchen towel. Arrange 1 sheet of phyllo on a work surface, then brush with some melted butter.
- ☐ Cut phyllo into 4 (8 1/2- by 6-inch) rectangles and arrange 2 of them one over the other in a crisscross pattern, then line a muffin cup with overlapping phyllo. Line another muffin cup with remaining 2 phyllo rectangles in same manner. Repeat procedure with remaining 2 phyllo sheets and melted butter, lining remaining 4 muffin cups.
- ☐ Spoon goat cheese filling into cups and loosely gather edges of phyllo over center (if pieces of phyllo break off, arrange in center).

- ☐ Bake phyllo blossoms until tops are golden brown and sides are golden, 25 to 35 minutes, then transfer from pan to a rack to cool slightly.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring occasionally, until browned and crisp, about 12 minutes. If necessary pour off all but 1 tablespoon fat.
- ☐ Add oil and shallot to skillet and cook, stirring, until softened, about 2 minutes.
- ☐ Add vinegar, quickly stirring and scraping up brown bits, then stir in sugar and salt. Immediately pour hot dressing and bacon over dandelion greens in a large bowl and toss well.
- ☐ Divide salad among plates and put a warm goat cheese blossom alongside each salad.
- ☐ Serve immediately.
- ☐ •Dandelion greens can be washed and trimmed 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels. Bacon can be cut 1 day ahead and chilled, covered. •Goat cheese phyllo blossoms can be baked 3 hours ahead and kept at room temperature. Reheat in a preheated 350°F oven until warmed through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:25.571739134581%

Nutrients (% of daily need)

Calories: 366.22kcal (18.31%), Fat: 29.67g (45.65%), Saturated Fat: 14.19g (88.66%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 7.95g (2.89%), Sugar: 2g (2.22%), Cholesterol: 85.62mg (28.54%), Sodium: 534.48mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Vitamin K: 885.09µg (842.94%), Vitamin A: 12196.74IU (243.93%), Vitamin C: 40.04mg (48.53%), Vitamin E: 4.7mg (31.31%), Vitamin B2: 0.52mg (30.4%), Calcium: 279.76mg (27.98%), Iron: 4.61mg (25.6%), Copper: 0.5mg (24.79%), Vitamin B6: 0.48mg (24.19%), Phosphorus: 238.02mg (23.8%), Manganese: 0.46mg (22.92%), Vitamin B1: 0.33mg (21.93%), Fiber: 4.13g (16.53%), Potassium: 551.88mg (15.77%), Selenium: 10.48µg (14.98%), Magnesium: 53.39mg (13.35%), Vitamin B3: 2.24mg (11.21%), Folate: 40.72µg (10.18%), Zinc: 1.3mg (8.66%), Vitamin B5: 0.68mg (6.75%), Vitamin B12: 0.31µg (5.13%), Vitamin D: 0.62µg (4.14%)