



WHATSHEATE



HEALTH SCORE

72%

Farmers' Market Salad with Spiced Goat Cheese Rounds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baby new potatoes yellow halved (such as Dutch baby potatoes)
- ☐ 0.5 cup olives black (such as Niçoise)
- ☐ 4 servings coarse kosher salt
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup basil leaves fresh packed ()
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 pound green beans trimmed (or mix of green and yellow)

- ☐ 2 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper black
- ☐ 8 cups salad greens mixed loosely packed ()
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1.5 teaspoons paprika
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons sesame seed
- ☐ 1 shallots minced
- ☐ 12 ounces tomatoes red yellow assorted (such as cherry, grape, and teardrop; preferably mix of and)

Equipment

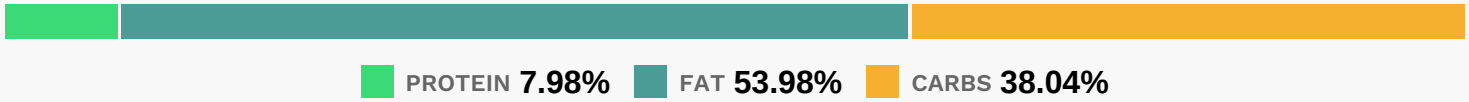
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Line baking sheet with waxed paper or parchment paper.
- ☐ Mix first 6 ingredients in shallow bowl. Dip cut sides of goat cheese rounds into spice mixture to coat.
- ☐ Place on prepared baking sheet. Chill until ready to serve. DO AHEAD Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.
- ☐ Whisk first 4 ingredients in small bowl. Gradually whisk in olive oil. Season with coarse salt and pepper. DO AHEAD Can be made 1 day ahead. Cover and refrigerate. Rewhisk before using.
- ☐ Steam potatoes until just tender, about 10 minutes.
- ☐ Transfer to plate; cool. Steam green beans until crisp-tender, about 5 minutes. Rinse under cold water; drain. Pat dry with paper towels. DO AHEAD Potatoes and green beans can be made 6 hours ahead. Wrap separately in paper towels.

- ☐ Place in resealable plastic bag; chill.
- ☐ Combine greens and basil in large bowl.
- ☐ Add enough vinaigrette to coat lightly; toss. Arrange on large platter.
- ☐ Add potatoes and green beans to same large bowl; add remaining dressing and toss. Arrange potatoes and beans atop greens. Scatter tomatoes and olives over. Surround with goat cheese rounds.

Nutrition Facts



Properties

Glycemic Index:98.44, Glycemic Load:17.24, Inflammation Score:-10, Nutrition Score:25.254782801089%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 363.79kcal (18.19%), Fat: 23.09g (35.52%), Saturated Fat: 3.2g (20%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 28.69g (10.43%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 529.23mg (23.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Vitamin C: 64.18mg (77.79%), Vitamin K: 70.81µg (67.44%), Vitamin A: 2273.03IU (45.46%), Manganese: 0.85mg (42.43%), Vitamin B6: 0.69mg (34.54%), Potassium: 1170.15mg (33.43%), Fiber: 7.92g (31.68%), Folate: 119.34µg (29.84%), Copper: 0.54mg (27.14%), Iron: 4.85mg (26.92%), Vitamin E: 3.92mg (26.16%), Magnesium: 98.73mg (24.68%), Phosphorus: 210.17mg (21.02%), Vitamin B1: 0.29mg (19.57%), Vitamin B3: 3.86mg (19.3%), Vitamin B2: 0.26mg (15.52%), Calcium: 143.81mg (14.38%), Zinc: 1.47mg (9.77%), Vitamin B5: 0.83mg (8.34%), Selenium: 3.82µg (5.45%)