



Fig, Goat Cheese and Walnut Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



375 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

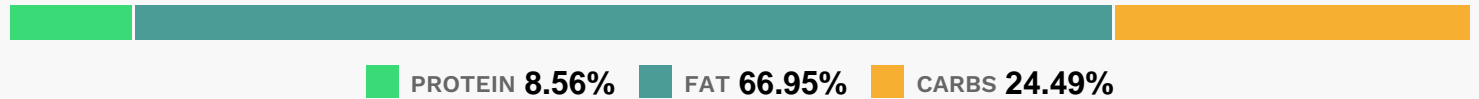
- 4 figs fresh sliced
- 10 teaspoons goat cheese soft
- 2 tablespoons juice of lemon
- 3 cups the salad mixed
- 2 tablespoons olive oil
- 2 servings salt and pepper to taste
- 1 handful walnuts roughly chopped ()

Equipment

Directions

- Rinse, dry (spin or lay on a towel to air-dry) salad greens. Tear into bite-size pieces if necessary. Slice the figs. Roughly chop the walnuts. Take a small spoon and lightly drop small pieces of the goat cheese over the salad.
- Drizzle the dressing over the salad. You can mix the olive oil and lemon juice using the measurements above as a guide or just drizzle them over the salad before serving.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:10.15, Inflammation Score:-7, Nutrition Score:12.530869565217%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Taste

Sweetness: 78.22%, Saltiness: 30.95%, Sourness: 64.63%, Bitterness: 55.04%, Savoriness: 43.59%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 374.76kcal (18.74%), Fat: 29.43g (45.27%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 20.27g (7.37%), Sugar: 17.29g (19.21%), Cholesterol: 11.5mg (3.83%), Sodium: 303.12mg (13.18%), Protein: 8.46g (16.92%), Manganese: 0.76mg (37.78%), Vitamin C: 21.92mg (26.57%), Copper: 0.52mg (26.2%), Vitamin A: 1085.75IU (21.72%), Fiber: 3.95g (15.8%), Vitamin B6: 0.31mg (15.55%), Phosphorus: 154.5mg (15.45%), Vitamin E: 2.3mg (15.32%), Vitamin K: 13.98µg (13.32%), Magnesium: 52.21mg (13.05%), Folate: 48.9µg (12.23%), Potassium: 423.48mg (12.1%), Vitamin B2: 0.2mg (11.75%), Vitamin B1: 0.15mg (10.02%), Iron: 1.75mg (9.73%), Calcium: 93.66mg (9.37%), Zinc: 0.98mg (6.52%), Vitamin B5: 0.65mg (6.47%), Vitamin B3: 1.02mg (5.1%), Selenium: 1.89µg (2.7%)