



Fig Salad with Goat's Milk Yogurt and Pepper Cress



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 figs black ripe halved lengthwise
- ☐ 6 servings fleur del sel
- ☐ 0.5 cup goat cheese fresh crumbled soft
- ☐ 0.5 cup yogurt
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 long pepper dried

- ☐ 1 cup mint leaves loosely packed ()
- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 4 cups watercress thick trimmed
- ☐ 0.5 teaspoon vanilla extract (scant)

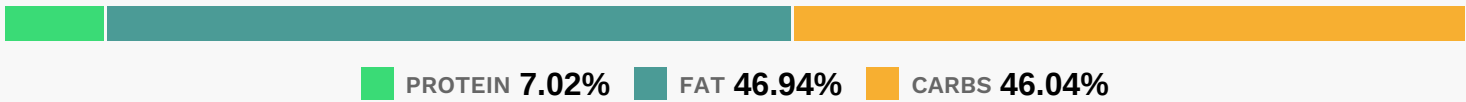
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in medium bowl. Season with salt and reserve.
- ☐ Sprinkle figs with fleur de sel; set in center of plate.
- ☐ Drizzle dressing on figs; scatter pepper cress and mint over. Season with olive oil and Indonesian pepper.
- ☐ * A type of sea salt; available at some supermarkets and at specialty foods stores.
- ☐ ** Also known as Balinese long pepper; available at specialty foods stores, Middle Eastern markets, and from zingermans.com.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:20.95, Inflammation Score:-8, Nutrition Score:15.110434856104%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg

Nutrients (% of daily need)

Calories: 353.17kcal (17.66%), Fat: 19.54g (30.07%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 36.59g (13.3%), Sugar: 35.8g (39.78%), Cholesterol: 10.94mg (3.65%), Sodium: 287.64mg (12.51%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 6.58g (13.15%), Vitamin K: 74.9µg (71.33%), Vitamin A: 1561.86IU (31.24%), Fiber: 6.53g (26.13%), Vitamin C: 18.34mg (22.23%), Manganese: 0.43mg (21.29%), Potassium: 634.91mg (18.14%), Calcium: 170.66mg (17.07%), Vitamin E: 2.52mg (16.79%), Copper: 0.33mg (16.6%), Vitamin B6: 0.32mg (16.23%), Vitamin B2: 0.25mg (14.65%), Magnesium: 51.03mg (12.76%), Phosphorus: 119.13mg (11.91%), Vitamin B1: 0.17mg (11.39%), Iron: 1.65mg (9.18%), Vitamin B5: 0.9mg (8.96%), Folate: 26.11µg (6.53%), Vitamin B3: 1.12mg (5.6%), Zinc: 0.65mg (4.34%), Vitamin D: 0.34µg (2.27%), Selenium: 1.44µg (2.06%)