



Fresh Goat Cheese and Radicchio Salad with Figs

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 super-ripe figs
- 0.3 cup flat-leaf parsley leaves loosely packed
- 8 ounces log goat cheese fresh
- 1 tbsp honey thinned dark with 1 tsp. water
- 1 tsp kosher salt divided
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin divided

- 6 servings bell pepper
- 0.5 lb radicchio thinly
- 5 large shallots separated peeled
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- knife
- plastic wrap

Directions

- Cut shallot lobes in half lengthwise, then cut each half into thick wedges.
- Heat a large (not nonstick) frying pan over medium heat, then swirl in 2 tbsp. oil and the butter. When butter begins to foam, add shallots and stir to coat. Season with 1/2 tsp. salt and a pinch of pepper.
- Reduce heat to medium-low and cook shallots 15 minutes, stirring often. Reduce the heat to low and cook, stirring every 2 to 3 minutes, until completely caramelized (deep golden brown), 15 to 25 minutes.
- Transfer to a plate to cool.
- Meanwhile, roll cheese neatly in plastic wrap to create a uniform log shape. Twist ends of the plastic wrap tight and roll log back and forth on a work surface a few times to smooth out surface of cheese and give it an even shape.
- Cut figs into halves or quarters, depending on their size.
- Lay cut side up and season with 1/2 tsp. salt, pepper, and about 1 tbsp. oil.
- Cut radicchio lengthwise into 1/3-in.-thick ribbons and put in a large bowl.
- Toss radicchio with caramelized shallots, parsley, and salt and pepper to taste.
- Drizzle lemon juice, remaining 1 tbsp. oil, and 2 1/2 tsp. saba over salad. Toss to combine.
- Run a thin, sharp knife under hot water for a few seconds, then wipe it dry. (A hot knife will slice soft goat cheese more cleanly.)

- Remove plastic wrap from cheese and slice cheese into 12 rounds (about 1/3 in. thick), slicing straight down and reheating knife between slices. Season with pepper.
- Heap radicchio salad on a long platter and tuck figs in between leaves.
- Place goat cheese on salad, slightly overlapping the slices.
- Drizzle a bit of saba and oil over goat cheese and serve.
- *Saba, also known as mosto cotto, is the syrupy, cooked-down juice of freshly pressed red grapes. It's been made in Italy since Roman times. Find it in well-stocked grocery stores and online.

Nutrition Facts

PROTEIN 12.3%

FAT 57.7%

CARBS 30%

Properties

Glycemic Index:34.55, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:21.320000005805%

Flavonoids

Cyanidin: 48.25mg, Cyanidin: 48.25mg, Cyanidin: 48.25mg, Cyanidin: 48.25mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 14.85mg, Luteolin: 14.85mg, Luteolin: 14.85mg, Luteolin: 14.85mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 14.84mg, Quercetin: 14.84mg, Quercetin: 14.84mg, Quercetin: 14.84mg

Nutrients (% of daily need)

Calories: 288.78kcal (14.44%), Fat: 19.38g (29.82%), Saturated Fat: 8.06g (50.35%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 18.55g (6.74%), Sugar: 16.5g (18.34%), Cholesterol: 22.4mg (7.47%), Sodium: 543mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.59%), Vitamin K: 149.82µg (142.68%), Vitamin C: 106.33mg (128.88%), Vitamin A: 3074.31IU (61.49%), Copper: 0.48mg (23.9%), Vitamin E: 3.54mg (23.59%), Vitamin B6: 0.47mg (23.33%), Folate: 76.51µg (19.13%), Fiber: 4.13g (16.5%), Manganese: 0.31mg (15.34%), Phosphorus: 153.31mg (15.33%), Vitamin B2: 0.25mg (14.83%), Potassium: 488.31mg (13.95%), Iron: 1.92mg (10.65%), Calcium: 95.37mg (9.54%), Magnesium: 34.45mg (8.61%), Vitamin B5: 0.83mg (8.27%), Vitamin B1: 0.12mg (7.91%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.27mg (6.36%), Selenium: 1.88µg (2.69%), Vitamin B12: 0.08µg (1.26%), Vitamin D: 0.19µg (1.24%)