



## Goat Cheese in Grape Leaves with Tomato and Olive Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



143 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 4 teaspoons thyme sprigs fresh chopped
- ☐ 12 ounce goat cheese fresh soft
- ☐ 12 large grape leaves dry stemmed rinsed
- ☐ 0.8 teaspoon pepper black
- ☐ 0.3 cup olives black pitted coarsely chopped ( 30)

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 6 large tomatoes thinly sliced

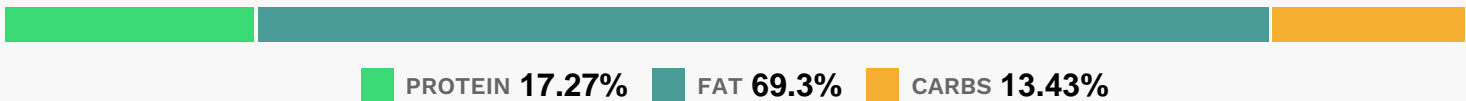
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ Whisk 1/2 cup oil, thyme, and black pepper in small bowl to blend. Arrange grape leaves, vein side up, on work surface. Dip each cheese round into thyme oil and place in center of 1 grape leaf. Fold sides of leaves over cheese; fold up bottom and continue to roll up, enclosing cheese completely. Arrange wrapped cheeses, seam side down, on platter.
- ☐ Brush lightly with some thyme oil. Cover and chill at least 1 hour. (Can be made 1 day ahead; keep chilled. Cover remaining thyme oil and store at room temperature.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk 1/4 cup extra-virgin olive oil, vinegar, and mustard in small bowl to blend. Season dressing with salt and pepper. Slightly overlap tomato slices on large platter.
- ☐ Drizzle with dressing; sprinkle with half of olives.
- ☐ Place wrapped cheese rounds on grill, seam side down. Grill until cheese softens and leaves begin to char, about 2 minutes per side. Arrange cheeses atop tomatoes.
- ☐ Sprinkle with remaining olives.
- ☐ Brush bread slices with remaining thyme oil. Grill bread until beginning to brown, turning occasionally, about 5 minutes.
- ☐ Cut toasts diagonally in half.
- ☐ Serve cheese, passing toasts separately.

## Nutrition Facts



## Properties

Glycemic Index:16.42, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:8.0026086309682%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 143.07kcal (7.15%), Fat: 11.34g (17.44%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 3.24g (1.18%), Sugar: 3.27g (3.63%), Cholesterol: 13.04mg (4.35%), Sodium: 177.6mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin A: 1924.2IU (38.48%), Vitamin C: 13.87mg (16.81%), Copper: 0.28mg (14.24%), Vitamin K: 13.94µg (13.27%), Manganese: 0.25mg (12.61%), Phosphorus: 99.61mg (9.96%), Vitamin E: 1.4mg (9.32%), Vitamin B2: 0.14mg (8.22%), Vitamin B6: 0.16mg (8%), Potassium: 242.78mg (6.94%), Fiber: 1.71g (6.83%), Calcium: 66.17mg (6.62%), Iron: 1.07mg (5.93%), Folate: 20.03µg (5.01%), Magnesium: 19.81mg (4.95%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.29mg (2.89%), Selenium: 1.14µg (1.63%)