



Goat's cheese & bistro salad

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



330 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 goat cheese such as crottin de chavignol, 150g
- ☐ 4 slices bread thin
- ☐ 1 handful lambs lettuce
- ☐ 1 small handful walnut pieces
- ☐ 1 small shallots finely chopped
- ☐ 1 tbsp olive oil
- ☐ 1 tsp sherry vinegar

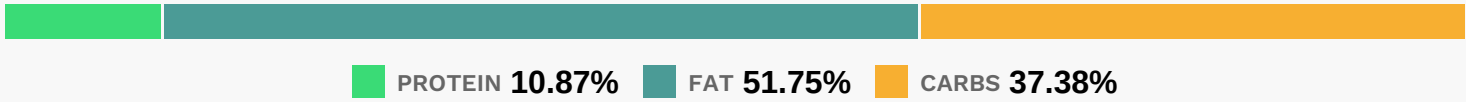
Equipment

☐ toaster

Directions

- ☐ Take the cheese out of the fridge at least 1 hr before serving. Brown the bread in a toaster until crisp. While the bread is toasting, toss all the salad ingredients together.
- ☐ Serve the salad on the same plate as the cheese and toast.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:15.01, Inflammation Score:-9, Nutrition Score:15.364347967036%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 330.1kcal (16.5%), Fat: 19.55g (30.07%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 28.12g (10.23%), Sugar: 4.59g (5.1%), Cholesterol: 0.23mg (0.08%), Sodium: 269.98mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Manganese: 1.32mg (65.91%), Vitamin A: 1995.55IU (39.91%), Selenium: 17.28µg (24.68%), Vitamin B1: 0.31mg (20.6%), Copper: 0.37mg (18.69%), Iron: 3.27mg (18.18%), Folate: 70.53µg (17.63%), Vitamin B3: 3.44mg (17.21%), Phosphorus: 147.96mg (14.8%), Fiber: 3.64g (14.58%), Vitamin C: 12.02mg (14.56%), Magnesium: 53.1mg (13.28%), Vitamin B6: 0.26mg (13.18%), Vitamin B2: 0.19mg (11.32%), Calcium: 100.89mg (10.09%), Potassium: 316.55mg (9.04%), Zinc: 1.27mg (8.44%), Vitamin E: 1.23mg (8.17%), Vitamin K: 7.47µg (7.12%), Vitamin B5: 0.6mg (5.96%)