



Golden goat's cheese tomatoes

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 250 g pkt spinach
- ☐ 4 slices pancetta
- ☐ 3 large tomatoes halved
- ☐ 1 tbsp crème fraîche
- ☐ 50 g goat's cheese (with rind), chopped

Equipment

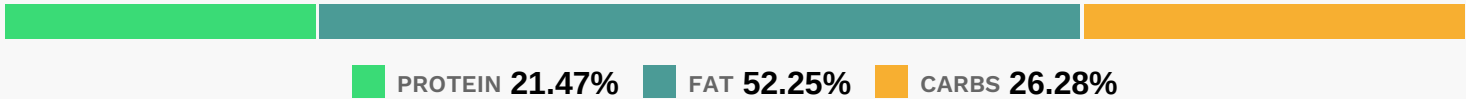
- ☐ oven
- ☐ baking pan

☐ colander

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Put the spinach in a colander, pour over a kettle of boiling water until the spinach wilts, then drain and squeeze out as much liquid as you can (you might need to do this in two batches).
- ☐ Put the spinach in the bottom of a gratin or baking dish, season, then sprinkle with nutmeg.
- ☐ Drape the prosciutto over and around the spinach, then sit the tomato halves on top, cut-side up. Dot the crme frache over the whole dish, scatter with the goats cheese, then season with more pepper.
- ☐ Bake for 10–15 mins until the cheese is melting into the crme frache and the edges are starting to bubble. Scoop out of the dish and serve with crusty bread and a green salad.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:33.242173987886%

Flavonoids

Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 8.22mg, Kaempferol: 8.22mg, Kaempferol: 8.22mg, Kaempferol: 8.22mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 222.49kcal (11.12%), Fat: 13.82g (21.26%), Saturated Fat: 6.53g (40.83%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 9.61g (3.5%), Sugar: 8.13g (9.04%), Cholesterol: 25.6mg (8.53%), Sodium: 312.18mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.55%), Vitamin K: 625.86µg (596.05%), Vitamin A: 14296.89IU (285.94%), Vitamin C: 72.58mg (87.98%), Manganese: 1.46mg (72.99%), Folate: 286.81µg (71.7%), Potassium: 1390.19mg (39.72%), Magnesium: 135.3mg (33.83%), Vitamin B6: 0.57mg (28.48%), Vitamin E: 4.15mg (27.66%), Iron: 4.67mg (25.94%), Copper: 0.51mg (25.72%), Fiber: 6.03g (24.1%), Vitamin B2: 0.41mg (23.89%), Phosphorus: 218.37mg (21.84%), Calcium: 192.91mg (19.29%), Vitamin B1: 0.26mg (17.42%), Vitamin B3: 3.28mg (16.42%), Zinc: 1.57mg (10.43%), Selenium: 5.39µg (7.7%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.16µg (1.09%)