



HEALTH SCORE

91%

Grilled Bread Topped with Arugula, Goat Cheese, Olives and Onions



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



2778 kcal

SIDE DISH

Ingredients

- ☐ 4 cups arugula fresh trimmed
- ☐ 9 ounces goat cheese fresh soft (such as Montrachet)
- ☐ 5 ounces kalamata olives black pitted halved
- ☐ 9 tablespoons olive oil
- ☐ 6 tablespoons orange juice
- ☐ 6 teaspoons orange zest grated
- ☐ 1 pound onion red sliced into 1/4-inch-thick rounds

☐ 48 crusty baguette

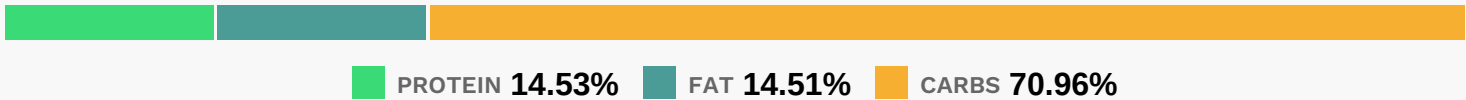
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ spatula

Directions

- ☐ Mix cheese and 4 teaspoons peel in small bowl. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk 6 tablespoons oil, orange juice and 2 teaspoons orange peel in 13 x 9 x 2-inch glass dish. Season dressing with salt and pepper.
- ☐ Add onions; turn to coat. Using metal spatula, transfer onions to grill and cook until tender and golden, turning occasionally and keeping onions intact, about 10 minutes. Return onions to dressing in dish; turn to coat. Set aside.
- ☐ Brush remaining 3 tablespoons oil over bread. Grill until bread is golden, about 2 minutes per side.
- ☐ Spread cheese mixture over warm bread.
- ☐ Add arugula to dressing; toss to coat. Top cheese bread with arugula, onions and olives.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:331.32, Inflammation Score:-10, Nutrition Score:61.532174245171%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg,

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 2777.66kcal (138.88%), Fat: 44.19g (67.98%), Saturated Fat: 10.25g (64.07%), Carbohydrates: 486.36g (162.12%), Net Carbohydrates: 464.1g (168.76%), Sugar: 49.61g (55.12%), Cholesterol: 9.78mg (3.26%), Sodium: 6446.15mg (280.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.62g (199.24%), Vitamin B1: 5.87mg (391.1%), Folate: 1089.4µg (272.35%), Selenium: 172.93µg (247.04%), Manganese: 4.73mg (236.63%), Vitamin B3: 45.63mg (228.13%), Iron: 35.22mg (195.68%), Vitamin B2: 3.31mg (194.77%), Calcium: 1107.92mg (110.79%), Phosphorus: 1020.99mg (102.1%), Fiber: 22.26g (89.05%), Copper: 1.4mg (70.21%), Magnesium: 272.77mg (68.19%), Vitamin B6: 1.15mg (57.61%), Zinc: 8.2mg (54.68%), Vitamin K: 44.3µg (42.19%), Vitamin B5: 4.02mg (40.24%), Potassium: 1349.5mg (38.56%), Vitamin E: 4.94mg (32.95%), Vitamin C: 9.41mg (11.4%), Vitamin A: 446.22IU (8.92%)