




Grilled Fig and Stilton Salad with Port Wine Vinaigrette

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 0.5 cup cooking wine dry red
- 12 figs fresh
- 2 teaspoons thyme leaves fresh chopped
- 4 cups mesclun greens
- 0.3 teaspoon ground pepper black
- 0.5 teaspoon kosher salt

- 1 tablespoon blackstrap molasses
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil
- 2 tablespoons olive oil extra-virgin
- 2 cups port wine
- 0.5 small onion red finely chopped
- 6 servings salt and pepper
- 4 ounces coarsely stilton cheese crumbled
- 1 tablespoon walnut oil

Equipment

- bowl
- frying pan
- sauce pan
- blender
- grill
- slotted spoon

Directions

- Place the vinaigrette in a large saute pan and bring to a simmer on the grates of the grill.
- Add the figs and cook for 1 to 2 minutes.
- Toss the mesclun greens in a large bowl with the olive oil and season with salt and pepper.
- Transfer to a large platter and using a slotted spoon, place the figs on top.
- Sprinkle the salad with the Stilton and drizzle with some of the Port Vinaigrette.
- Heat grill to high.
- Heat oil in a medium saucepan on the grates of the grill.
- Add the onion and cook until soft.
- Add the Port and red wine and cook until thickened and reduced to 1/2 cup.

- Transfer reduced wine mixture to a blender and add the molasses, balsamic vinegar, thyme and salt and pepper and blend until combined. With the motor running, slowly add the oliveoil and walnut oil and blend until emulsified.

Nutrition Facts

PROTEIN 6.12% FAT 52.75% CARBS 41.13%

Properties

Glycemic Index:47.67, Glycemic Load:12.07, Inflammation Score:-9, Nutrition Score:8.9891304606977%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg Delphinidin: 3.96mg, Delphinidin: 3.96mg, Delphinidin: 3.96mg, Delphinidin: 3.96mg Malvidin: 81.11mg, Malvidin: 81.11mg, Malvidin: 81.11mg, Malvidin: 81.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 3.51mg, Peonidin: 3.51mg, Peonidin: 3.51mg, Peonidin: 3.51mg Catechin: 11.02mg, Catechin: 11.02mg, Catechin: 11.02mg, Catechin: 11.02mg Epicatechin: 8.68mg, Epicatechin: 8.68mg, Epicatechin: 8.68mg, Epicatechin: 8.68mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 445.8kcal (22.29%), Fat: 21.04g (32.36%), Saturated Fat: 5.6g (35.02%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 33.74g (12.27%), Sugar: 26.69g (29.66%), Cholesterol: 14.17mg (4.72%), Sodium: 623.84mg (27.12%), Alcohol: 14.34g (100%), Alcohol %: 6.11% (100%), Protein: 5.49g (10.98%), Manganese: 0.36mg (18.02%), Calcium: 159.2mg (15.92%), Potassium: 476.24mg (13.61%), Vitamin E: 2.03mg (13.54%), Vitamin K: 13.46µg (12.82%), Fiber: 3.17g (12.68%), Vitamin A: 621.45IU (12.43%), Vitamin C: 9.93mg (12.04%), Phosphorus: 110.79mg (11.08%), Magnesium: 42.64mg (10.66%), Vitamin B6: 0.2mg (10.08%), Vitamin B2: 0.16mg (9.16%), Copper: 0.15mg (7.69%), Vitamin B5: 0.73mg (7.26%), Iron: 1.22mg (6.79%), Vitamin B1: 0.09mg (6.26%), Folate: 24.73µg (6.18%), Selenium: 4.09µg (5.84%), Zinc: 0.81mg (5.4%), Vitamin B3: 0.96mg (4.82%), Vitamin B12: 0.23µg (3.84%)