



Grilled goat's cheese with cranberry dressing

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 2 red-skinned apples
- ☐ 3 tbsp juice of lemon
- ☐ 300 g capricorn goat's cheese halved
- ☐ 2 tbsp cranberry jelly
- ☐ 2 tbsp olive oil
- ☐ 1 tsp clear honey
- ☐ 25 g pecan
- ☐ 2 chicory heads separated

- ☐ 1 handful radish sprouts (available from larger supermarkets)

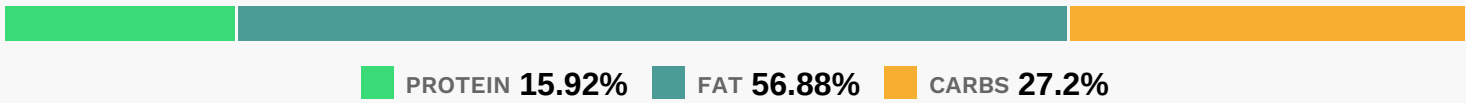
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Quarter, core, then thinly slice the apple into a bowl with the lemon juice and 1 tbsp water. Toss well, as this stops the apples going brown.
- ☐ Heat grill to high, then line your grill rack with foil.
- ☐ Put the cheeses rind-side down on the foil, then set aside for a moment.
- ☐ Drain 2 tbsp of the juice from the apple bowl into another small bowl and discard the rest.
- ☐ Add the cranberry sauce, oil and honey with some seasoning, and whisk to form a dressing. Grill the cheeses for 4 mins, then scatter the nuts on and around the cheeses and return to the grill to cook for a few mins more but take care that the nuts dont burn.
- ☐ Arrange the apple, chicory and radish sprouts or watercress on 6 plates, then carefully top with the hot melted cheese. Scatter over the nuts, spoon over the dressing and serve straight away.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:5.39, Inflammation Score:-10, Nutrition Score:22.630434710047%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 4.6mg, Epicatechin:

4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 15.27mg, Kaempferol: 15.27mg, Kaempferol: 15.27mg, Kaempferol: 15.27mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 282.89kcal (14.14%), Fat: 18.64g (28.67%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 13.45g (4.89%), Sugar: 11.67g (12.97%), Cholesterol: 23mg (7.67%), Sodium: 219.96mg (9.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.47%), Vitamin K: 351.69µg (334.94%), Vitamin A: 3803.2IU (76.06%), Folate: 224.15µg (56.04%), Manganese: 0.89mg (44.68%), Copper: 0.59mg (29.47%), Fiber: 6.6g (26.42%), Vitamin C: 16.13mg (19.55%), Vitamin B2: 0.33mg (19.44%), Phosphorus: 190.32mg (19.03%), Vitamin B5: 1.78mg (17.76%), Potassium: 579.65mg (16.56%), Calcium: 156.54mg (15.65%), Iron: 2.44mg (13.58%), Vitamin B1: 0.2mg (13.06%), Zinc: 1.87mg (12.46%), Vitamin E: 1.61mg (10.73%), Magnesium: 39.39mg (9.85%), Vitamin B6: 0.19mg (9.71%), Vitamin B3: 0.93mg (4.67%), Selenium: 2.01µg (2.87%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)