



Grilled Potato and Goat Cheese Napoleon with Balsamic-Basil Vinaigrette

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 4 servings pepper black freshly ground
- 2 teaspoons dijon mustard
- 0.3 cup basil leaves fresh
- 3 tablespoons chives fresh chopped
- 1 clove garlic
- 8 ounces goat cheese fresh

- 4 servings kosher salt
- 0.8 cup olive oil
- 5 large potatoes red scrubbed

Equipment

- pot
- blender
- grill

Directions

- Put the potatoes in a pot of salted cold water and bring to a boil. Reduce the heat and simmer until the potatoes are tender, but still firm, 12 to 15 minutes.
- Drain and let cool before cutting each potato in 1/2-inch-thick slices.
- While the potatoes are cooking, combine the vinegar, garlic, mustard, basil and 1/2 cup of the oil in a blender and blend until smooth. Season with salt and pepper.
- Heat your grill to medium.
- Brush the potato slices on both sides with the remaining 1/4 cup oil and season with salt and pepper.
- Place the potatoes on the grill, close the cover, and grill until lightly golden brown and just cooked through, about 2 minutes per side.
- Carefully transfer the potatoes to a flat surface. Make stacks by layering the following: 1 slice potato, 1 tablespoon goat cheese, 1 slice potato, 1 tablespoon goat cheese, 1 slice potato.
- Place the stacks back on the grill, close the cover, and grill until the cheese begins to melt, about 1 minute.
- Transfer the potatoes to a platter, drizzle some of the vinaigrette on and around the potatoes, and sprinkle with the chives.

Nutrition Facts



PROTEIN 13.69% FAT 32.74% CARBS 53.57%

Properties

Glycemic Index:64.75, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:25.745217240375%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 562.1kcal (28.11%), Fat: 20.82g (32.02%), Saturated Fat: 9.56g (59.72%), Carbohydrates: 76.64g (25.55%), Net Carbohydrates: 68.57g (24.93%), Sugar: 8.93g (9.92%), Cholesterol: 26.08mg (8.69%), Sodium: 517.07mg (22.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.58g (39.16%), Potassium: 2150.57mg (61.44%), Copper: 1.05mg (52.61%), Vitamin C: 41.49mg (50.29%), Vitamin B6: 0.94mg (47.13%), Phosphorus: 435.69mg (43.57%), Manganese: 0.79mg (39.49%), Fiber: 8.07g (32.28%), Vitamin K: 30.5µg (29.05%), Magnesium: 115.93mg (28.98%), Vitamin B1: 0.42mg (28.13%), Vitamin B3: 5.59mg (27.96%), Iron: 4.75mg (26.4%), Folate: 93.43µg (23.36%), Vitamin B2: 0.36mg (21.46%), Vitamin B5: 1.7mg (16.96%), Vitamin A: 797.45IU (15.95%), Zinc: 2.11mg (14.05%), Calcium: 138.11mg (13.81%), Vitamin E: 1.34mg (8.94%), Selenium: 4.88µg (6.97%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)