



Grilled Potato and Goat Cheese Napoleon with Basil Vinaigrette



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

Ingredients

- ☐ 4 servings basil leaves for garnish
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 3 tablespoons chives fresh chopped
- ☐ 8 ounces goat cheese soft
- ☐ 0.5 cup olive oil pure
- ☐ 4 servings olive oil
- ☐ 4 potatoes red cut into 1/ slices

- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup citrus champagne vinegar

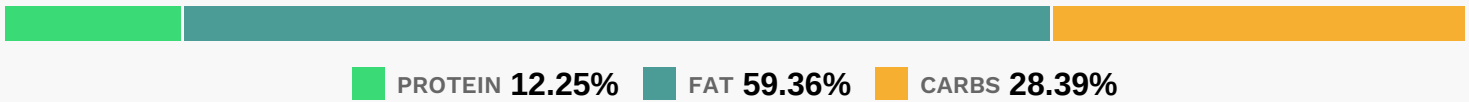
Equipment

- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Place vinegar and basil in a blender with salt and pepper and blend until smooth. With the motor running, slowly add the oil and blend until emulsified, check for seasoning.
- ☐ Heat grill to high.
- ☐ Brush potato slices on both sides with oil and season with salt and pepper, to taste. Make stacks with the following layers: potato, 1 tablespoon goat cheese, potato, 1 tablespoon goat cheese, ending with potato. Line the grill with foil and grill the stacks, covered, about 1 minute or until cheese starts to melt. When the cheese is almost melted, slide the stacks from the foil to the grate of the grill just to crisp the bottom, about 1 to 2 minutes more.
- ☐ Drizzle the basil vinaigrette on and around the potatoes and top each Napoleon with some of the basis leaves and chives, if using.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:16.413913167041%

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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 474.6kcal (23.73%), Fat: 31.69g (48.75%), Saturated Fat: 11.02g (68.88%), Carbohydrates: 34.1g (11.37%),
Net Carbohydrates: 30.36g (11.04%), Sugar: 3.3g (3.67%), Cholesterol: 26.08mg (8.69%), Sodium: 442.57mg
(19.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.43%), Vitamin K: 38.19µg (36.38%), Copper:
0.72mg (35.96%), Potassium: 1006.94mg (28.77%), Phosphorus: 279.54mg (27.95%), Vitamin B6: 0.51mg (25.62%),
Vitamin C: 20.33mg (24.64%), Manganese: 0.41mg (20.65%), Vitamin E: 2.95mg (19.66%), Vitamin A: 883.18IU
(17.66%), Vitamin B2: 0.29mg (16.87%), Iron: 2.96mg (16.43%), Fiber: 3.73g (14.93%), Magnesium: 59.72mg (14.93%),
Vitamin B1: 0.22mg (14.34%), Vitamin B3: 2.74mg (13.69%), Folate: 49.89µg (12.47%), Calcium: 110.15mg (11.02%),
Vitamin B5: 0.99mg (9.94%), Zinc: 1.27mg (8.47%), Selenium: 2.68µg (3.83%), Vitamin B12: 0.11µg (1.8%), Vitamin D:
0.23µg (1.51%)