



Hazelnut-Crusted Goat Cheese Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup flour
- ☐ 1 large head belgian endive thinly sliced lengthwise
- ☐ 0.3 cup breadcrumbs plain dry
- ☐ 1 large eggs beaten to blend
- ☐ 5.5 ounce goat cheese fresh chilled soft cut into 4 equal rounds, (such as Montrachet)
- ☐ 3 tablespoons hazelnuts coarsely chopped
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon orange juice concentrate frozen thawed

- ☐ 1 tablespoon orange zest grated
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 large bunch watercress trimmed

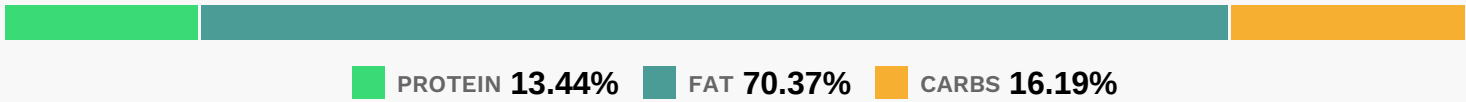
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place flour and breadcrumbs on separate plates. Coat cheese rounds with flour. Dip cheese into egg, then into breadcrumbs, coating completely.
- ☐ Place on small baking sheet. Spoon hazelnuts atop cheese. Gently press hazelnuts into cheese to adhere. Cover and refrigerate at least 30 minutes or overnight.
- ☐ Whisk vinegar, orange peel and orange juice concentrate in medium bowl to blend. Gradually whisk in oil. Season with salt and pepper. (Vinaigrette can be made 4 hours ahead. Store at room temperature; rewhisk before using.)
- ☐ Preheat oven to 400°F.
- ☐ Bake cheese until heated through and coating browns, about 6 minutes.Toss watercress and endive in large bowl with enough vinaigrette to coat. Season greens with salt and pepper. Divide greens among 4 plates. Top with warm cheese.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.41, Inflammation Score:-6, Nutrition Score:12.347826086957%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg,

Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg,
Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.44mg, Kaempferol: 1.44mg,
Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 352.9kcal (17.65%), Fat: 27.93g (42.97%), Saturated Fat: 8.37g (52.32%), Carbohydrates: 14.46g (4.82%),
Net Carbohydrates: 12.58g (4.57%), Sugar: 2.27g (2.52%), Cholesterol: 64.43mg (21.48%), Sodium: 214.47mg
(9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Manganese: 0.65mg (32.65%), Vitamin K:
26.04µg (24.8%), Copper: 0.47mg (23.37%), Vitamin E: 3.37mg (22.46%), Phosphorus: 175.93mg (17.59%), Vitamin
B2: 0.3mg (17.55%), Vitamin B1: 0.23mg (15.53%), Vitamin A: 695.26IU (13.91%), Selenium: 9.57µg (13.67%), Vitamin
C: 10.95mg (13.27%), Folate: 49.31µg (12.33%), Iron: 2.16mg (12.01%), Vitamin B6: 0.2mg (9.92%), Calcium: 97.84mg
(9.78%), Fiber: 1.88g (7.52%), Magnesium: 28.99mg (7.25%), Vitamin B5: 0.66mg (6.64%), Vitamin B3: 1.31mg
(6.54%), Zinc: 0.89mg (5.97%), Potassium: 176.59mg (5.05%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.41µg
(2.71%)