



Hazelnut-crusted Goat Cheese with Mixed Greens and Blackberry Vinaigrette

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

Ingredients

- ☐ 3 cups baby arugula
- ☐ 3 cups baby lettuces
- ☐ 4 servings blackberry vinaigrette
- ☐ 2 egg whites lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 4 ounce garlic and herb goat cheese cut into 8 slices
- ☐ 0.5 cup ground hazelnuts toasted

- ☐ 3 teaspoons olive oil divided
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)

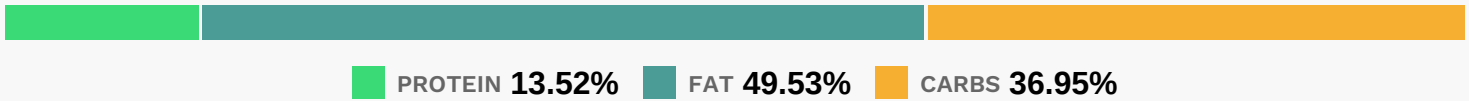
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a shallow dish. Dip cheese slices in egg whites, and dredge in breadcrumb mixture. Cover and chill at least 2 hours.
- ☐ Heat 1 1/2 tablespoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 goat cheese slices; cook 30 seconds to 1 minute on each side or until lightly browned.
- ☐ Remove cheese from pan, and keep warm. Repeat with remaining oil and cheese.
- ☐ Divide greens evenly among 4 plates. Top each with 2 goat cheese rounds, and drizzle with Blackberry Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:8.62, Inflammation Score:-8, Nutrition Score:18.517391313677%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 401.92kcal (20.1%), Fat: 22.71g (34.94%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 29.25g (10.64%), Sugar: 8.07g (8.97%), Cholesterol: 30.82mg (10.27%), Sodium: 298.49mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Vitamin C: 46.55mg (56.42%), Vitamin K: 46.34µg (44.13%), Fiber: 8.86g (35.45%), Manganese: 0.69mg (34.66%), Vitamin B1: 0.5mg (33.54%), Folate:

116.43µg (29.11%), Vitamin A: 1190.03IU (23.8%), Iron: 3.65mg (20.25%), Vitamin B3: 3.8mg (18.99%), Vitamin B2: 0.32mg (18.92%), Selenium: 11.43µg (16.34%), Phosphorus: 160.91mg (16.09%), Magnesium: 52.96mg (13.24%), Copper: 0.26mg (12.87%), Zinc: 1.7mg (11.34%), Potassium: 384.56mg (10.99%), Vitamin B6: 0.22mg (10.87%), Calcium: 100.78mg (10.08%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.07µg (1.1%)