



Herb Crusted Goat Cheese and Heirloom Beet Salad

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



635 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces aged balsamic vinegar
- ☐ 24 ounces arugula cleaned
- ☐ 24 ounces heirloom variety beets washed and trimmed
- ☐ 4 eggs
- ☐ 10 ounces olive oil extra virgin
- ☐ 2 cups flour all-purpose
- ☐ 2 garlic cloves minced

- ☐ 12 ounces goat cheese separated
- ☐ 0.5 cup half-and-half
- ☐ 1 ounce olive oil
- ☐ 0.5 quart panko bread crumbs
- ☐ 0.5 bunch parsley italian
- ☐ 1 ounce rosemary
- ☐ 1 ounce sage
- ☐ 12 servings salt and pepper to taste
- ☐ 1 ounce thyme leaves

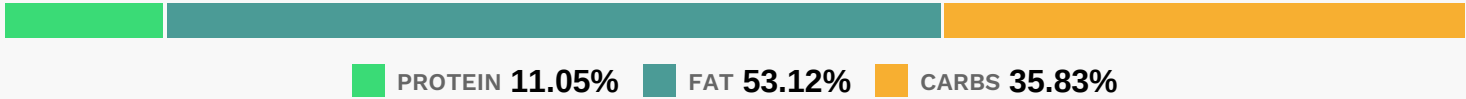
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper

Directions

- ☐ Boil beets until tender. Chill, peel, and cube beets.
- ☐ Form cheese balls into 1 1/4-inch diameter disks. In a bowl, combine eggs and half-and-half together.
- ☐ Place flour and Herb Crust into separate pans. Dredge cheese balls in the flour, then the egg mixture, and finally the herb crust. Stack the medallions on parchment paper to prevent condensation. Fry goat cheese medallions until golden brown.
- ☐ Drain.
- ☐ Toss the arugula in the balsamic vinaigrette, then place the 2 ounces of the arugula in the center of each plate. Arrange about 2 ounces of the beets around the rim.
- ☐ Place 1 goat cheese medallion on top of the arugula, and drizzle with additional balsamic vinaigrette over the beets.
- ☐ Clean all herbs from stems and chop roughly. Finely chop herbs and garlic in food processor.
- ☐ Add breadcrumbs and olive oil. Process until distributed.
- ☐ Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:16.07, Inflammation Score:-10, Nutrition Score:32.103478286577%

Flavonoids

Apigenin: 5.2mg, Apigenin: 5.2mg, Apigenin: 5.2mg, Apigenin: 5.2mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.82mg, Kaempferol: 19.82mg, Kaempferol: 19.82mg, Kaempferol: 19.82mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 634.57kcal (31.73%), Fat: 37.75g (58.08%), Saturated Fat: 9.67g (60.45%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 50.97g (18.53%), Sugar: 10.36g (11.52%), Cholesterol: 71.13mg (23.71%), Sodium: 680.32mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.33%), Copper: 3.38mg (168.8%), Vitamin K: 119.87µg (114.16%), Manganese: 1.12mg (55.85%), Folate: 219.66µg (54.91%), Vitamin A: 2158.18IU (43.16%), Vitamin B1: 0.64mg (42.35%), Iron: 6.57mg (36.49%), Selenium: 23.37µg (33.38%), Vitamin B2: 0.55mg (32.52%), Calcium: 288.25mg (28.82%), Vitamin E: 4.3mg (28.67%), Phosphorus: 260.27mg (26.03%), Fiber: 6.33g (25.31%), Vitamin C: 19.92mg (24.14%), Vitamin B3: 4.45mg (22.27%), Magnesium: 82.16mg (20.54%), Potassium: 606.36mg (17.32%), Vitamin B6: 0.29mg (14.74%), Zinc: 1.85mg (12.35%), Vitamin B5: 1.11mg (11.13%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.41µg (2.71%)