



Mesclun and Cherry Salad with Warm Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ounces almonds sliced
- 6 cups the salad mixed packed ()
- 1 cup cherries dark fresh sweet whole pitted halved (7 ounces unpitted cherries)
- 1 large eggs
- 2 tablespoons tarragon fresh chopped
- 11 ounce goat cheese fresh soft
- 1 tablespoon juice of lemon fresh

- 0.8 teaspoon lemon zest finely grated
- 2 tablespoons roasted almond oil
- 2 tablespoons shallots finely chopped
- 1 tablespoon water
- 0.5 cup fennel bulb fresh

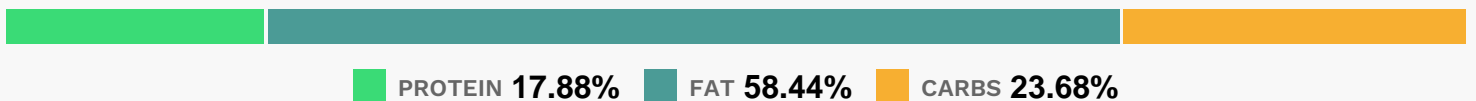
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 400°F.
- Whisk first 5 ingredients in small bowl. Season dressing generously with salt and pepper.
- Spread almonds on plate.
- Whisk egg and 1 tablespoon water in small bowl; sprinkle with freshly ground black pepper. Turn goat cheese rounds in egg mixture, then coat with sliced almonds, covering all sides.
- Place on rimmed baking sheet. DO AHEAD: Dressing and goat cheese rounds can be made 4 hours ahead. Cover separately and chill. Bring dressing to room temperature and whisk before using.
- Bake goat cheese rounds until cheese is warm but not melted, about 10 minutes.
- Combine greens, cherries, and fennel in large bowl.
- Add dressing and toss to coat. Divide salad among 6 plates.
- Place 1 cheese round on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:15.092173990996%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 355.29kcal (17.76%), Fat: 23.71g (36.48%), Saturated Fat: 8.81g (55.08%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 17.41g (6.33%), Sugar: 12.19g (13.54%), Cholesterol: 54.91mg (18.3%), Sodium: 222.65mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.65%), Vitamin E: 5.69mg (37.91%), Vitamin A: 1861.73IU (37.23%), Manganese: 0.65mg (32.34%), Copper: 0.58mg (28.85%), Vitamin B2: 0.45mg (26.59%), Phosphorus: 246.49mg (24.65%), Iron: 3.09mg (17.16%), Calcium: 170.86mg (17.09%), Fiber: 4.21g (16.84%), Vitamin C: 12.87mg (15.6%), Magnesium: 62.23mg (15.56%), Vitamin B6: 0.27mg (13.41%), Folate: 41.21µg (10.3%), Potassium: 312.3mg (8.92%), Zinc: 1.23mg (8.22%), Selenium: 4.95µg (7.07%), Vitamin B5: 0.63mg (6.26%), Vitamin B3: 1.23mg (6.14%), Vitamin B1: 0.09mg (6.01%), Vitamin K: 5.87µg (5.59%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.37µg (2.5%)