



## Mesclun and Ricotta Salata on Grilled Garlic Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

### Ingredients

- 2 inch bread country-style halved
- 0.8 cup olive oil
- 0.8 lb grape tomatoes halved
- 8 cups the salad
- 1 large garlic clove halved
- 0.1 teaspoon salt to taste
- 2 large optional: lemon

- 0.1 teaspoon pepper black to taste
- 6 oz pecorino thinly sliced
- 4 teaspoons honey

## Equipment

- bowl
- knife
- whisk
- sieve
- plastic wrap
- grill
- peeler

## Directions

- Remove zest from lemons in large strips with a vegetable peeler and cut any white pith from strips with a sharp knife.
- Cut enough zest into julienne strips to measure 1/4 cup. Blanch zest in boiling water 1 minute, then drain in a sieve and plunge into a bowl of cold water to stop cooking.
- Drain and pat dry.
- Squeeze enough juice from lemons to measure 6 tablespoons.
- Whisk together lemon juice, honey, salt, and pepper, then add 1/2 cup oil in a slow stream, whisking until emulsified.
- Prepare charcoal or gas grill for cooking.
- Brush both sides of bread slices with remaining 1/4 cup oil and season with salt and pepper.
- When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill bread on lightly oiled grill rack, turning once, until golden, about 3 minutes total. Immediately rub 1 side of each slice with garlic.
- Toss mesclun with tomatoes, half of zest, and enough dressing to coat, then season with salt and pepper.
- Put toasts on salad plates and spoon some of remaining dressing over each.

- Layer cheese and salad alternately on each toast and sprinkle with remaining zest.
- Zest can be blanched (and dried) 1 day ahead and chilled, wrapped tightly in plastic wrap.

## Nutrition Facts

**PROTEIN 12.69%**

**FAT 54.71%**

**CARBS 32.6%**

### Properties

Glycemic Index:32.93, Glycemic Load:2.76, Inflammation Score:-6, Nutrition Score:6.157826108777%

### Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

### Nutrients (% of daily need)

Calories: 107.7kcal (5.38%), Fat: 7.04g (10.82%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.12g (2.95%), Sugar: 4.76g (5.29%), Cholesterol: 10.84mg (3.61%), Sodium: 70.56mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 29.55mg (35.82%), Vitamin A: 909.4IU (18.19%), Manganese: 0.14mg (6.87%), Folate: 27.33µg (6.83%), Potassium: 233.85mg (6.68%), Phosphorus: 65.3mg (6.53%), Calcium: 62.37mg (6.24%), Vitamin E: 0.88mg (5.86%), Vitamin K: 6.12µg (5.83%), Fiber: 1.31g (5.26%), Selenium: 3.62µg (5.17%), Vitamin B6: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.61%), Iron: 0.68mg (3.78%), Magnesium: 14.06mg (3.51%), Copper: 0.06mg (3.17%), Vitamin B1: 0.04mg (2.98%), Zinc: 0.44mg (2.92%), Vitamin B3: 0.56mg (2.82%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.07µg (1.2%)