



Mesclun Salad with Veggies, Goat Cheese, and Crispy Garlic



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 beets cooked thinly sliced
- ☐ 1 pint cherry tomatoes halved
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup cranberries dried
- ☐ 0.1 teaspoon onion flakes dried
- ☐ 1 tablespoon dill dried fresh minced
- ☐ 4 cloves garlic thinly sliced

- ☐ 4 ounces goat cheese fresh
- ☐ 1 juice of lemon
- ☐ 10 cups the salad
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large and orange peppers seeded coarsely chopped
- ☐ 0.5 cup pinenuts
- ☐ 2 large shallots minced
- ☐ 1 tablespoon butter unsalted

Equipment

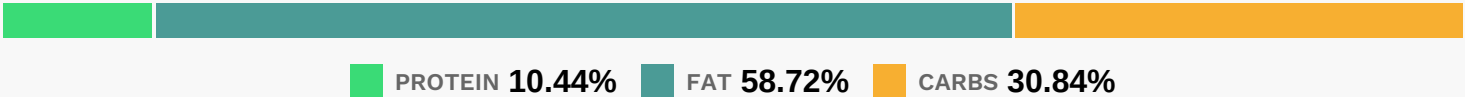
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ measuring cup

Directions

- ☐ In a small sauté pan over moderate heat, melt the butter until it begins to bubble slightly.
- ☐ Add the garlic and sauté, stirring occasionally, until golden brown and slightly crisp, about 2 minutes.
- ☐ Pour the garlic and butter into a small bowl and let cool. Do not clean the pan.
- ☐ In a small bowl or measuring cup, combine the shallots, lemon juice, olive oil, and Dijon mustard.
- ☐ Whisk to combine then season to taste with fine sea salt and freshly ground black pepper.
- ☐ Return the small sauté pan to the stove over low heat and toast the pine nuts, stirring occasionally, until aromatic and light golden brown, about 3 minutes.
- ☐ Transfer to a plate and let cool.
- ☐ In a large bowl, layer the mesclun, pepper, beets, tomatoes, cranberries, and pine nuts.
- ☐ Add the dill, dried onion flakes, and fried garlic, including the butter from the bowl. Shake the dressing thoroughly then drizzle it over the salad and toss to combine. Season to taste with

salt and pepper, crumble goat cheese over top, and serve.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:4.88, Inflammation Score:-10, Nutrition Score:28.722174079522%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 458.34kcal (22.92%), Fat: 31.82g (48.95%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 31.25g (11.36%), Sugar: 23.44g (26.04%), Cholesterol: 20.57mg (6.86%), Sodium: 296.81mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Vitamin C: 112.19mg (135.99%), Manganese: 2.29mg (114.57%), Vitamin A: 3460.88IU (69.22%), Folate: 176.48µg (44.12%), Copper: 0.68mg (33.93%), Vitamin E: 4.93mg (32.83%), Phosphorus: 312.57mg (31.26%), Potassium: 999.44mg (28.56%), Vitamin B6: 0.54mg (27.23%), Magnesium: 103.94mg (25.99%), Fiber: 6.34g (25.35%), Iron: 4.55mg (25.29%), Vitamin K: 23.08µg (21.98%), Vitamin B2: 0.31mg (18.19%), Vitamin B1: 0.24mg (15.8%), Zinc: 2.3mg (15.31%), Vitamin B3: 2.92mg (14.6%), Calcium: 115.71mg (11.57%), Vitamin B5: 0.9mg (9.01%), Selenium: 5.79µg (8.26%), Vitamin D: 0.17µg (1.11%)