



Mixed Greens with Goat Cheese

 Vegetarian

READY IN



24 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups apples such as granny smith 1/2 pound sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove chopped
- ☐ 6 ounce goat cheese sliced into 1/4-inch rounds
- ☐ 2 tablespoons lemon zest 1 lemon
- ☐ 1 tablespoon olive oil divided

- ☐ 6 pieces rosemary flatbread
- ☐ 6 ounces gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sherry vinegar

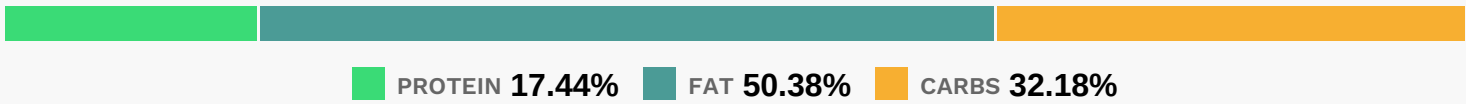
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine breadcrumbs and next 5 ingredients in a shallow pan.
- ☐ Place 1 tablespoon of olive oil in a small dish and brush each goat cheese slice with oil. Dredge each slice in breadcrumb mixture, and place on a baking sheet, leaving 1/2 inch between slices.
- ☐ Bake for 810 minutes.
- ☐ Remove from oven. While the cheese is baking, toss greens with vinegar, apple slices, and remaining teaspoon olive oil in a large salad bowl.
- ☐ Transfer to 6 salad plates. Top each plate of salad greens and apples with 2 goat cheese medallions.
- ☐ Serve with flatbread while cheese is warm.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:7.1247826607331%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 157.62kcal (7.88%), Fat: 9.03g (13.89%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 11.11g (4.04%), Sugar: 4.16g (4.62%), Cholesterol: 13.04mg (4.35%), Sodium: 276.01mg (12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Vitamin C: 12.25mg (14.85%), Vitamin A: 721.17IU (14.42%), Vitamin K: 14.41µg (13.72%), Copper: 0.27mg (13.26%), Manganese: 0.21mg (10.68%), Phosphorus: 104.34mg (10.43%), Vitamin B2: 0.17mg (10.22%), Iron: 1.58mg (8.79%), Vitamin B1: 0.13mg (8.59%), Calcium: 79.9mg (7.99%), Fiber: 1.87g (7.47%), Vitamin B6: 0.15mg (7.27%), Folate: 28.85µg (7.21%), Selenium: 3.32µg (4.74%), Vitamin B3: 0.94mg (4.68%), Magnesium: 16.37mg (4.09%), Potassium: 128.24mg (3.66%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.1%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.09µg (1.42%)