



Okanagan Green Salad with Fruit and Chèvre

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups baby salad greens mixed
- ☐ 0.3 cup blueberries rinsed
- ☐ 0.3 cup bread crumbs dried fine
- ☐ 6 oz log chèvre fresh goat cheese
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup corn kernels raw fresh from 1 ear corn
- ☐ 1 clove garlic minced peeled
- ☐ 2 teaspoons herbs de provence see notes

- ☐ 5 blossoms from stems lavender fresh rinsed see notes
- ☐ 1 nectarines pitted rinsed cut into 1/2-inch chunks
- ☐ 7 tablespoons olive oil extra-virgin
- ☐ 0.5 cup pinenuts
- ☐ 0.3 cup raspberries rinsed
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup citrus champagne vinegar

Equipment

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

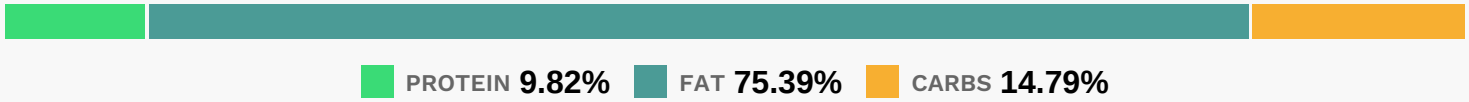
Directions

- ☐ On a small rimmed plate, mix bread crumbs and 1 1/2 teaspoons herbes de Provence. Coat chvre log with 2 tablespoons olive oil, then gently roll the log in bread-crumbs mixture.
- ☐ Place on a baking sheet and bake in a 400 regular or convection oven until bread crumbs are golden, 10–12 minutes.
- ☐ Let cool slightly.
- ☐ Meanwhile, spread pine nuts in a small baking pan; toast in same oven until light golden, 3 to 5 minutes.
- ☐ Let cool.
- ☐ Combine corn kernels with 1 cup water in a 1- to 1 1/2-quart pan over high heat; bring to a simmer and cook just until corn kernels are heated through, about 2 minutes.
- ☐ Drain, rinse with cold water, and drain again.
- ☐ In a large bowl, whisk remaining 5 tablespoons olive oil, vinegar, garlic, mustard, and remaining 1/2 teaspoon herbes de Provence until smoothly blended.

- ☐
- Add salt and pepper to taste.

☐☐

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:13.65695676078%

Flavonoids

Cyanidin: 4.25mg, Cyanidin: 4.25mg, Cyanidin: 4.25mg, Cyanidin: 4.25mg Petunidin: 2.61mg, Petunidin: 2.61mg, Petunidin: 2.61mg, Petunidin: 2.61mg Delphinidin: 3mg, Delphinidin: 3mg, Delphinidin: 3mg, Delphinidin: 3mg Malvidin: 5.57mg, Malvidin: 5.57mg, Malvidin: 5.57mg, Malvidin: 5.57mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.68mg, Peonidin: 1.68mg, Peonidin: 1.68mg, Peonidin: 1.68mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 354.14kcal (17.71%), Fat: 30.65g (47.16%), Saturated Fat: 7.05g (44.08%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 11.5g (4.18%), Sugar: 4.74g (5.27%), Cholesterol: 13.04mg (4.35%), Sodium: 360.86mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Manganese: 1.29mg (64.37%), Vitamin E: 3.74mg (24.95%), Vitamin K: 25.06µg (23.87%), Copper: 0.44mg (21.87%), Vitamin C: 17.04mg (20.66%), Vitamin A: 1026.99IU (20.54%), Phosphorus: 189.11mg (18.91%), Iron: 2.51mg (13.94%), Magnesium: 51.08mg (12.77%), Vitamin B2: 0.2mg (11.76%), Vitamin B1: 0.16mg (10.51%), Folate: 41.47µg (10.37%), Vitamin B3: 1.8mg (8.99%), Zinc: 1.35mg (8.99%), Vitamin B6: 0.16mg (8.2%), Fiber: 2.03g (8.12%), Potassium: 267.19mg (7.63%), Calcium: 69.99mg (7%), Vitamin B5: 0.49mg (4.9%), Selenium: 2.69µg (3.84%), Vitamin B12: 0.07µg (1.16%)