



WHATSheATE



Pecan-Crusted Goat Cheese Salad with Pomegranate Vinaigrette



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 1 teaspoon dijon mustard
- ☐ 1 ounce goat cheese
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon pecans chopped
- ☐ 4 ounces polenta cut into 1-inch cubes
- ☐ 2 tablespoons pomegranate juice

☐ 3 cups pkt spinach fresh

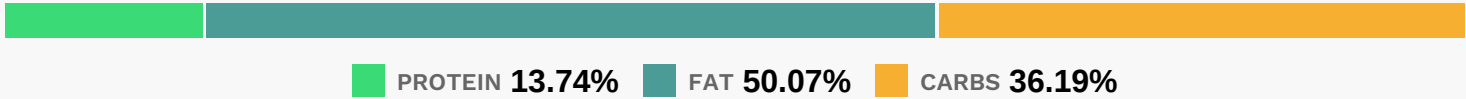
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat polenta cubes with cooking spray.
- ☐ Add to pan, and cook 5 minutes. Turn croutons; cook 5 minutes more or until golden.
- ☐ Shape goat cheese into a patty; coat with chopped pecans.
- ☐ Combine juice, oil, and mustard in a small bowl; stir well with a whisk.
- ☐ Arrange spinach and carrot on a plate. Top with polenta cubes, pecan-crusted goat cheese, and dressing.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:10.809130475573%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 62.43kcal (3.12%), Fat: 3.63g (5.58%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.84g (1.76%), Sugar: 1.59g (1.77%), Cholesterol: 2.61mg (0.87%), Sodium: 55.92mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin K: 89.91µg (85.63%), Vitamin A: 3893.66IU (77.87%), Manganese: 0.29mg (14.47%), Folate: 40.19µg (10.05%), Vitamin C: 5.85mg (7.08%), Magnesium: 21.11mg (5.28%), Copper: 0.1mg (5.04%), Potassium: 170mg (4.86%), Fiber: 1.06g (4.25%), Vitamin E: 0.63mg (4.23%), Iron: 0.75mg (4.15%), Vitamin B2: 0.07mg (4.03%), Vitamin B6: 0.08mg (3.95%), Phosphorus: 37.58mg (3.76%), Calcium: 33.35mg (3.34%), Vitamin B1: 0.05mg (3.09%), Selenium: 1.4µg (2%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.14mg (1.4%)