Pecan-Crusted Goat Cheese Salad with Pomegranate Vinaigrette

Vegetarian Gluten Free Very Healthy

READY IN	SERVINGS	CALORIES
15 min.	1	312 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
- [ ] 2 tablespoons pomegranate juice
- [ ] 3 cups pkt spinach fresh

- [ ] 4 ounces polenta in tube cut into 3 (1/2-inch-thick) slices

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] whisk

Directions

- [ ] Heat a large nonstick skillet over medium heat. Spray polenta slices with cooking spray.
- [ ] Add to pan, and cook 5 minutes. Turn slices, and cook 5 minutes.
- [ ] 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, pecan-crusted goat cheese, and dressing.

Nutrition Facts

PROTEIN **13.74%** FAT **50.07%** CARBS **36.19%**

Properties

Glycemic Index:120.83, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:27.190869668256%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 5.9mg, Kaempferol: 5.9mg, Kaempferol: 5.9mg, Kaempferol: 5.9mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 312.17kcal (15.61%), Fat: 18.15g (27.92%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 24.2g (8.8%), Sugar: 7.97g (8.86%), Cholesterol: 13.04mg (4.35%), Sodium: 279.6mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.41%), Vitamin K: 449.57µg (428.16%), Vitamin A: 19468.29IU (389.37%), Manganese: 1.45mg (72.33%), Folate: 200.94µg (50.24%), Vitamin C: 29.23mg (35.42%), Magnesium: 105.56mg (26.39%), Copper: 0.5mg (25.18%), Potassium: 850.01mg (24.29%), Fiber: 5.32g (21.27%), Vitamin E: 3.17mg (21.13%), Iron: 3.74mg (20.75%), Vitamin B2: 0.34mg (20.15%), Vitamin B6: 0.39mg (19.74%), Phosphorus: 187.9mg (18.79%), Calcium: 166.75mg (16.68%), Vitamin B1: 0.23mg (15.43%), Selenium: 6.99µg (9.98%), Zinc: 1.48mg (9.88%), Vitamin B3: 1.82mg (9.08%), Vitamin B5: 0.7mg (7%)