



Peppery goat's cheese with SunBlush salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp peppercorns black crushed
- ☐ 200 g goat's cheese with rind
- ☐ 100 g marinated sundried tomatoes drained chopped
- ☐ 4 tbsp olive oil extra-virgin (or oil from the tomatoes)
- ☐ 2 tbsp balsamic vinegar
- ☐ 150 g baby salad leaves

Equipment

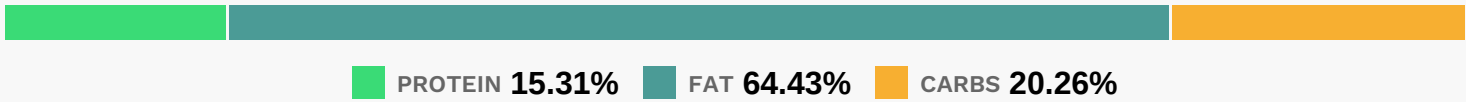
- ☐ bowl

☐ frying pan

Directions

- ☐ Spread the pepper on a plate.
- ☐ Cut each cheese in half across the middle and press the cut side into the pepper to coat.
- ☐ Heat a griddle pan over a high heat and add the goats cheese, pepper side down. Griddle for 2–3 mins or until golden and crusty. Turn over and cook for a further min or until the cheese is soft, but still retaining its shape.
- ☐ Meanwhile, mix the tomatoes, oil and balsamic vinegar in a small bowl and season to taste. Pile the salad leaves onto plates, top each with a slice of the hot peppered cheese and spoon the tomato dressing over before serving.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:4.25, Inflammation Score:-9, Nutrition Score:20.264782480572%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 339.2kcal (16.96%), Fat: 25.42g (39.11%), Saturated Fat: 9.37g (58.55%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 13.79g (5.02%), Sugar: 11.35g (12.61%), Cholesterol: 23mg (7.67%), Sodium: 223.87mg (9.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.19%), Vitamin A: 3525.55IU (70.51%), Vitamin K: 71.42µg (68.02%), Manganese: 0.93mg (46.73%), Copper: 0.77mg (38.36%), Potassium: 985.58mg (28.16%), Phosphorus: 233.35mg (23.33%), Iron: 3.92mg (21.8%), Vitamin B2: 0.35mg (20.4%), Fiber: 4.2g (16.78%), Magnesium: 66.61mg (16.65%), Vitamin C: 13.25mg (16.06%), Vitamin E: 2.22mg (14.78%), Vitamin B3: 2.65mg (13.23%), Vitamin B1: 0.2mg (13.06%), Vitamin B6: 0.25mg (12.45%), Calcium: 124.38mg (12.44%), Vitamin B5: 0.95mg (9.47%), Folate: 37.67µg (9.42%), Zinc: 1.06mg (7.07%), Selenium: 3.12µg (4.46%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)