



Salad with Goat Cheese Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 inch bread baguette french
- ☐ 15.5 ounce chickpeas undrained canned (garbanzo beans)
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 4 ounce goat cheese
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon olive oil extra-virgin

- ☐ 12 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 tablespoons citrus champagne vinegar

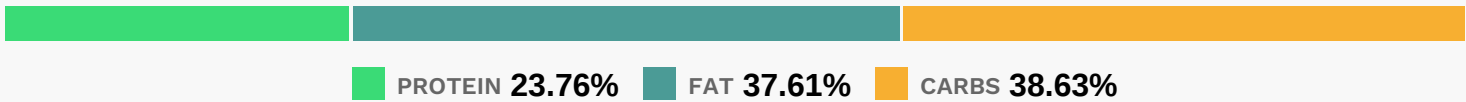
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ blender
- ☐ broiler
- ☐ colander

Directions

- ☐ Place goat cheese in freezer 10 minutes or until firm.
- ☐ Drain chickpeas in a colander over a bowl; reserve 1/2 cup liquid.
- ☐ Combine 2 tablespoons chickpeas, liquid, vinegar, and next 7 ingredients (vinegar through pepper) in a blender; process until smooth. Reserve remaining chickpeas for salad.
- ☐ Preheat broiler.
- ☐ Cut goat cheese into 6 rounds.
- ☐ Place bread slices on a baking sheet; broil 2 minutes or until toasted. Top each bread slice with a goat cheese round; broil 1 minute or until lightly browned.
- ☐ Combine the vinaigrette, remaining chickpeas, and salad greens in a bowl, and toss well.
- ☐ Serve with goat cheese croutons.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:3.28, Inflammation Score:-7, Nutrition Score:10.09217387697%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 137.25kcal (6.86%), Fat: 5.9g (9.07%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.22g (3.72%), Sugar: 0.41g (0.46%), Cholesterol: 8.69mg (2.9%), Sodium: 417.47mg (18.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Manganese: 0.77mg (38.46%), Vitamin C: 19.41mg (23.53%), Vitamin B6: 0.47mg (23.36%), Vitamin A: 1138.54IU (22.77%), Copper: 0.3mg (14.88%), Phosphorus: 143.19mg (14.32%), Fiber: 3.41g (13.65%), Folate: 53.13µg (13.28%), Iron: 1.9mg (10.57%), Magnesium: 33.76mg (8.44%), Vitamin B2: 0.13mg (7.68%), Potassium: 262.95mg (7.51%), Calcium: 66.06mg (6.61%), Zinc: 0.88mg (5.89%), Vitamin B1: 0.07mg (4.97%), Selenium: 3.27µg (4.68%), Vitamin B5: 0.46mg (4.61%), Vitamin B3: 0.7mg (3.48%), Vitamin K: 1.79µg (1.7%)