



Smoked-Trout Salad with Goat-Cheese Croûtes

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12.5 inch thick baguette
- ☐ 2 teaspoons dijon mustard
- ☐ 6 ounces goat cheese cut into 12 slices
- ☐ 4 servings fresh-ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 0.8 pound radicchio thinly ()
- ☐ 0.3 teaspoon salt

- ☐ 2.3 quarts pkt spinach washed well
- ☐ 0.5 pound trout smoked skinless flaked
- ☐ 1.5 tablespoons white-wine vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ In a large glass or stainless-steel bowl, whisk together the vinegar, Dijon mustard, salt, and 1/4 teaspoon black pepper.
- ☐ Add the 1/3 cup oil slowly, whisking.
- ☐ Heat the broiler.
- ☐ Put the baguette slices on a baking sheet and brush the tops with the remaining 1 1/2 tablespoons oil. Broil until lightly browned, about 2 minutes.
- ☐ Remove the baking sheet from the oven. Turn the slices over and top each one with a slice of goat cheese. Broil until the cheese is soft and warm, about 2 minutes.
- ☐ Sprinkle a little pepper over each crote.
- ☐ Meanwhile, toss the spinach and radicchio into the dressing.
- ☐ Put the salad on plates. Top with the trout and the goat-cheese crottes.
- ☐ Add a handful of frise to the spinach and radicchio.
- ☐ Wine Recommendation: France's Chavignol is world renowned for both its Sancerre, made from sauvignon blanc, and its mouthwatering goat cheese. It's no accident that they are splendid together. Try a Sancerre here for the same delicious effect.

Nutrition Facts



 PROTEIN **26.58%**  FAT **53.89%**  CARBS **19.53%**

Properties

Glycemic Index:41.94, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:66.459999955219%

Flavonoids

Cyanidin: 108mg, Cyanidin: 108mg, Cyanidin: 108mg, Cyanidin: 108mg Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 36.26mg, Luteolin: 36.26mg, Luteolin: 36.26mg, Luteolin: 36.26mg Kaempferol: 33.96mg, Kaempferol: 33.96mg, Kaempferol: 33.96mg Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg Quercetin: 47.93mg, Quercetin: 47.93mg, Quercetin: 47.93mg, Quercetin: 47.93mg

Nutrients (% of daily need)

Calories: 520.7kcal (26.03%), Fat: 33.31g (51.24%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 14.39g (5.23%), Sugar: 3.53g (3.93%), Cholesterol: 52.45mg (17.48%), Sodium: 847.95mg (36.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.93%), Vitamin K: 2800.09µg (2666.76%), Vitamin A: 50412.86IU (1008.26%), Folate: 1104.9µg (276.22%), Manganese: 5.48mg (274.02%), Vitamin C: 156.71mg (189.95%), Magnesium: 454.53mg (113.63%), Vitamin E: 15.54mg (103.62%), Potassium: 3460.28mg (98.87%), Iron: 17.02mg (94.55%), Vitamin B2: 1.41mg (82.7%), Vitamin B12: 4.5µg (74.96%), Copper: 1.41mg (70.67%), Vitamin B6: 1.32mg (65.82%), Calcium: 638.03mg (63.8%), Phosphorus: 553.48mg (55.35%), Fiber: 12.78g (51.1%), Vitamin B1: 0.71mg (47.2%), Vitamin B3: 7.18mg (35.9%), Zinc: 4.2mg (27.97%), Selenium: 16.64µg (23.78%), Vitamin B5: 2mg (20.03%), Vitamin D: 2.38µg (15.88%)