



## Soft-Ripened Goat Cheese and Walnut Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon juice of lemon
- 8 oz salad mix rinsed
- 4 servings salt and pepper
- 0.5 cup walnut halves
- 2 tablespoons walnut oil
- 4 ounce humboldt fog

### Equipment

- bowl

frying pan

oven

## Directions

Bake walnuts in an 8- or 9-inch pan in a 400 oven until golden, 5 to 8 minutes (about 4 minutes in a convection oven).

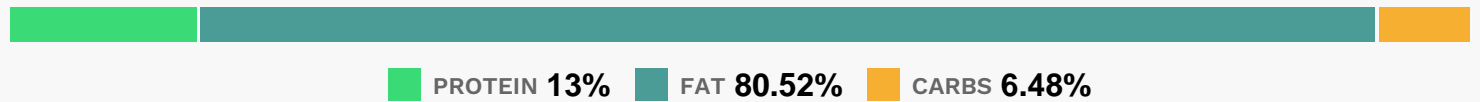
In a large bowl, combine oil and lemon juice.

Add salad mix and stir, adding salt and pepper to taste. With 2 large spoons, divide salad equally among plates.

Cut cheese into thin slices and divide evenly among salads.

Sprinkle evenly with walnuts.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:8.282608633456%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 242.27kcal (12.11%), Fat: 22.56g (34.71%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.73g (0.81%), Cholesterol: 13.04mg (4.35%), Sodium: 313.19mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.39%), Manganese: 0.61mg (30.6%), Copper: 0.47mg (23.46%), Vitamin A: 940.1IU (18.8%), Vitamin C: 14.8mg (17.93%), Phosphorus: 145.59mg (14.56%), Folate: 39.46µg (9.87%), Vitamin B6: 0.2mg (9.82%), Vitamin B2: 0.16mg (9.33%), Magnesium: 34.11mg (8.53%), Iron: 1.33mg (7.37%), Calcium: 61.74mg (6.17%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.83mg (5.56%), Potassium: 173.29mg (4.95%), Fiber: 0.99g (3.96%), Vitamin B5: 0.35mg (3.49%), Vitamin B3: 0.6mg (3%), Selenium: 1.74µg (2.49%), Vitamin K: 1.96µg (1.86%), Vitamin E: 0.19mg (1.25%)