



WHAT'SheATE



Spring Salad with Creamy Goat Cheese Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



738 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons buttermilk
- ☐ 4 servings candied pecans chopped
- ☐ 0.5 cup canola oil
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 tablespoon tarragon leaves fresh chopped

- ☐ 4 ounces goat cheese at room temperature
- ☐ 4 servings goat cheese dressing
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup pecans
- ☐ 1.5 cups grapes red sliced in 1/2
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 shallots thinly sliced
- ☐ 8 cups spring greens mix
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon pepper white
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

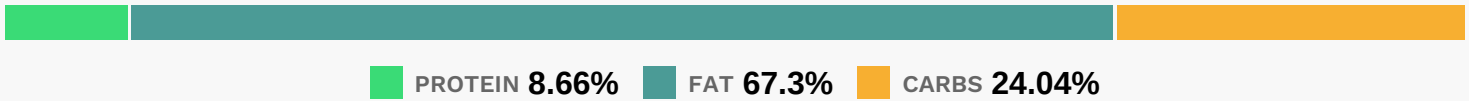
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ In a small bowl combine the paprika, ground coriander, cayenne pepper, salt, and pepper. Set aside.
- ☐ In a small saucepan over medium heat add the sugar and cook until all of the sugar is melted and light brown in color. Carefully whisk in the butter.

- ☐ Add the spice mix and turn off the heat.
- ☐ Add the pecans and stir with a rubber spatula until all of the pecans are completely coated. Spray with nonstick cooking spray which will help the pecans separate. Once all of the pecans are coated turn out onto a greased sheet tray or a sheet tray lined with a silicone mat. Break up any pieces that may be stuck together.
- ☐ Let cool 5 minutes before serving with the salad.
- ☐ In a medium bowl whisk together the goat cheese and buttermilk.
- ☐ Whisk in the remaining dressing ingredients until combined and smooth. Set aside.
- ☐ Heat the canola oil in a small saucepan over medium heat.
- ☐ Add the shallots and fry until crispy and light brown, about 5 minutes.
- ☐ Remove to a plate lined with a paper towel to drain.
- ☐ Add the greens to a large bowl.
- ☐ Drizzle with 3/4 of the dressing, season with salt and pepper, to taste, and toss to coat the greens.
- ☐ Transfer the salad to a platter and garnish with candied pecans, sliced grapes, and fried shallots.
- ☐ Drizzle with remaining dressing and serve.

Nutrition Facts



Properties

Glycemic Index:117.59, Glycemic Load:15.25, Inflammation Score:-9, Nutrition Score:19.580000213955%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 738.2kcal (36.91%), Fat: 57.21g (88.01%), Saturated Fat: 14.44g (90.25%), Carbohydrates: 45.98g (15.33%),
Net Carbohydrates: 41.31g (15.02%), Sugar: 35.57g (39.53%), Cholesterol: 35.19mg (11.73%), Sodium: 680.76mg
(29.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.13%), Manganese: 1.55mg (77.55%), Copper:
0.87mg (43.5%), Vitamin A: 1887IU (37.74%), Phosphorus: 282.87mg (28.29%), Vitamin C: 22.64mg (27.44%),
Vitamin B2: 0.38mg (22.42%), Iron: 3.69mg (20.51%), Vitamin B6: 0.41mg (20.34%), Vitamin B1: 0.28mg (18.96%),
Fiber: 4.66g (18.66%), Vitamin K: 19.38µg (18.45%), Vitamin E: 2.73mg (18.22%), Calcium: 172.14mg (17.21%),
Magnesium: 63.11mg (15.78%), Potassium: 481.37mg (13.75%), Zinc: 2.04mg (13.63%), Folate: 52.98µg (13.24%),
Vitamin B5: 0.81mg (8.14%), Vitamin B3: 1.32mg (6.57%), Selenium: 3.65µg (5.21%), Vitamin B12: 0.15µg (2.52%),
Vitamin D: 0.33µg (2.21%)