



Stilton & fig salad with honey-thyme drizzle



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tbsp clear honey
- ☐ 1 tsp thyme leaves
- ☐ 1 tbsp apple cider vinegar
- ☐ 2 tbsp canola oil
- ☐ 2 tbsp hazelnuts toasted roughly chopped
- ☐ 1 small fennel bulb trimmed finely sliced (use a mandolin if you have one)
- ☐ 2 handfuls arugula
- ☐ 200 g coarsely stilton cheese thinly sliced

☐ 2 figs ripe

Equipment

☐ frying pan

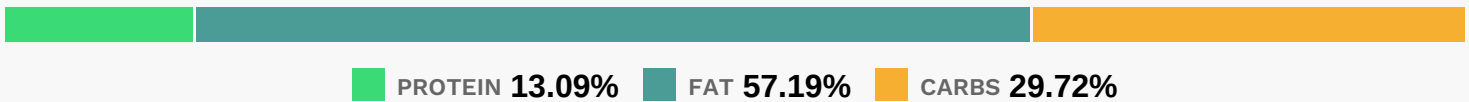
☐ whisk

Directions

☐ Put the honey and thyme leaves in a small pan, then gently warm together for 2 mins the honey shouldnt get hot enough to bubble. Set aside to cool. Make a dressing by whisking together the cider vinegar and rapeseed oil with some seasoning.

☐ To serve, gently toss the chopped hazelnuts, fennel and rocket with the dressing. Divide the cheese between 4 plates, add a fig half to each, then a pile of the salad. Finally drizzle the thyme-infused honey over the figs and cheese.

Nutrition Facts



Properties

Glycemic Index:79.32, Glycemic Load:13.07, Inflammation Score:-7, Nutrition Score:14.170869697695%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 373.74kcal (18.69%), Fat: 24.65g (37.93%), Saturated Fat: 10.17g (63.53%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 25.57g (9.3%), Sugar: 24.3g (27%), Cholesterol: 37.5mg (12.5%), Sodium: 609.41mg (26.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.39%), Vitamin K: 55.71µg (53.06%), Calcium: 325.45mg (32.54%), Manganese: 0.52mg (25.93%), Phosphorus: 247.3mg (24.73%), Vitamin E: 2.51mg (16.73%),

Vitamin A: 743.19IU (14.86%), Potassium: 513.95mg (14.68%), Vitamin B2: 0.25mg (14.43%), Fiber: 3.25g (13.01%), Folate: 51.15µg (12.79%), Vitamin C: 9.76mg (11.83%), Vitamin B5: 1.18mg (11.8%), Selenium: 8.03µg (11.47%), Zinc: 1.71mg (11.37%), Vitamin B12: 0.61µg (10.17%), Magnesium: 39.47mg (9.87%), Vitamin B6: 0.18mg (9%), Copper: 0.18mg (8.93%), Iron: 1.19mg (6.59%), Vitamin B3: 1.13mg (5.67%), Vitamin B1: 0.07mg (4.8%), Vitamin D: 0.25µg (1.67%)