



Tomato Steak with Baked Goat Cheese and Herb Salad

 Vegetarian

READY IN



32 min.

SERVINGS



4

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices beefsteak tomatoes thick ripe
- ☐ 0.5 cup bread crumbs dried
- ☐ 2 cups young cress mixed fresh italian packed flat-leaf 1-inch lengths
- ☐ 1 eggs
- ☐ 4 rounds goat cheese fresh
- ☐ 2 teaspoons olive oil extra-virgin plus more for the salad
- ☐ 4 servings red wine vinegar

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 teaspoon water

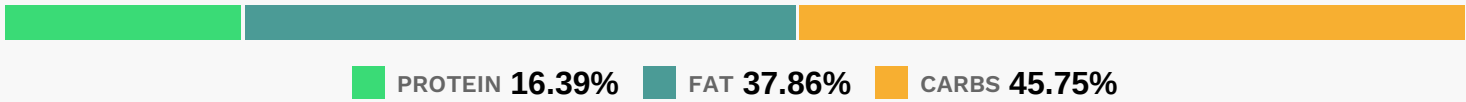
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small, shallow bowl, mix the breadcrumbs with salt and pepper to taste.
- ☐ Add the water and work it in with your fingers to moisten the crumbs lightly. In another small, shallow bowl, beat the egg just until blended.
- ☐ Dip one flat surface of each goat cheese round in the egg, and then in breadcrumbs, patting the crumbs in place. Repeat on the other flat surface, leaving the sides of the rounds uncoated. Refrigerate the coated cheese rounds for about 15 minutes.
- ☐ Center the tomato slices on 4 salad plates. Season with salt and pepper.
- ☐ Heat a large nonstick skillet over moderately high heat.
- ☐ Add the 2 tablespoons olive oil. When the oil is almost smoking, add the cheese rounds, one coated side down. Cook until lightly browned, about 45 seconds, then turn and cook on the second side until the cheese just feels quivery, about 45 seconds longer, depending on the thickness of the rounds.
- ☐ Place a cheese round on each tomato slice.
- ☐ In a bowl, toss the herbs with a splash of red wine vinegar, a light drizzle of olive oil, and salt and pepper to taste. Mound the herbs on top of the cheese, dividing them evenly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:11.911304359851%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 98.76kcal (4.94%), Fat: 4.15g (6.39%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 10.37g (3.77%), Sugar: 2.01g (2.24%), Cholesterol: 41.38mg (13.79%), Sodium: 122.16mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Vitamin K: 137.89µg (131.32%), Vitamin A: 1807.86IU (36.16%), Vitamin C: 17.41mg (21.11%), Manganese: 0.28mg (14.13%), Vitamin B1: 0.16mg (10.41%), Vitamin B2: 0.17mg (10.23%), Selenium: 7.04µg (10.05%), Folate: 39.9µg (9.98%), Iron: 1.23mg (6.86%), Phosphorus: 66.41mg (6.64%), Vitamin B3: 1.17mg (5.83%), Potassium: 199.07mg (5.69%), Calcium: 53.4mg (5.34%), Vitamin B6: 0.1mg (5.02%), Copper: 0.09mg (4.73%), Magnesium: 17.27mg (4.32%), Vitamin E: 0.6mg (3.98%), Fiber: 0.92g (3.68%), Vitamin B5: 0.31mg (3.13%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.22µg (1.49%)