



HEALTH SCORE

77%

Vegetable Salad with Goat Cheese



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet anchovy
- ☐ 4 servings basil fresh
- ☐ 1 tablespoon capers drained
- ☐ 0.5 cucumber english halved lengthwise seeded sliced
- ☐ 5 teaspoons fennel bulb chopped
- ☐ 1 garlic clove
- ☐ 4 ounces goat cheese fresh crumbled soft (such as Montrachet)
- ☐ 4 spring onion thinly sliced (white and pale green parts only)

- ☐ 0.5 cup kalamata olives black pitted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 12 small potatoes – remove skin cut into 1/4-inch-thick rounds (14 ounces)
- ☐ 4 medium size tomatoes ripe cut into 1/2-inch-thick wedges

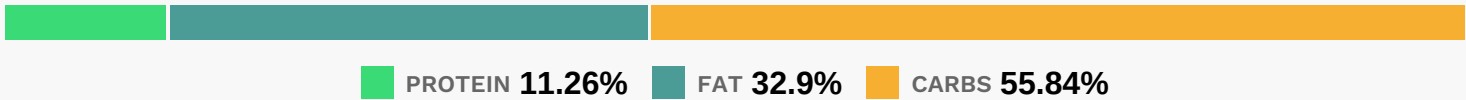
Equipment

- ☐ bowl

Directions

- ☐ Steam potatoes until tender, about 10 minutes. Cool completely.
- ☐ Blend olives, anchovies, capers and garlic in processor until coarsely pureed. Gradually blend in oil, then lemon juice.
- ☐ Transfer mixture to large bowl.
- ☐ Add green onions and fennel fronds, if desired; stir to blend. Season olive mixture with salt and pepper.
- ☐ Add tomatoes, cucumber and potatoes to olive mixture. Toss to coat. Season salad to taste with salt and pepper.
- ☐ Sprinkle goat cheese over salad.
- ☐ Garnish with basil sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.72, Inflammation Score:-9, Nutrition Score:34.319130244462%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg

Kaempferol: 2.9mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 619.59kcal (30.98%), Fat: 23.46g (36.08%), Saturated Fat: 6.65g (41.57%), Carbohydrates: 89.58g (29.86%), Net Carbohydrates: 77.98g (28.36%), Sugar: 11.41g (12.67%), Cholesterol: 16.64mg (5.55%), Sodium: 533.57mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Vitamin C: 68.49mg (83.02%), Potassium: 2776.64mg (79.33%), Vitamin K: 73.6µg (70.1%), Vitamin B6: 1.1mg (54.79%), Copper: 1.06mg (52.78%), Manganese: 0.99mg (49.41%), Fiber: 11.6g (46.41%), Phosphorus: 442.77mg (44.28%), Vitamin B3: 7.75mg (38.77%), Magnesium: 145.11mg (36.28%), Vitamin B1: 0.51mg (33.9%), Vitamin A: 1686.13IU (33.72%), Folate: 132.63µg (33.16%), Iron: 5.37mg (29.82%), Vitamin E: 3.55mg (23.64%), Vitamin B2: 0.33mg (19.58%), Vitamin B5: 1.9mg (19%), Zinc: 2.42mg (16.14%), Calcium: 143.78mg (14.38%), Selenium: 5.98µg (8.55%), Vitamin B12: 0.09µg (1.52%)