



Veggie Love, Goat Cheese, Celery and Avocado Sandwich with Walnut Butter and Arugula

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cup baby arugula leaves loosely packed ()
- ☐ 1 tablespoon rosemary fresh
- ☐ 5 ounce goat cheese fresh at room temperature ()
- ☐ 2.3 teaspoon kosher salt divided plus more for seasoning)
- ☐ 0.7 cup juice of lemon freshly squeezed
- ☐ 8 slice grain multigrain bread whole

- ☐ 1 cup olive oil extra-virgin
- ☐ 1 pinch freshly cracked pepper black to taste (or)
- ☐ 1 pinch pepper flakes red crushed
- ☐ 2 tablespoon shallots minced
- ☐ 0.3 cup walnut oil (or vegetable oil)
- ☐ 2 cup walnuts lightly toasted ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Make the vinaigrette: In a bowl, combine the oil, lemon juice, shallots, and 2 teaspoons salt and whisk until the vinaigrette emulsifies.
- ☐ Add the rosemary sprig, cover, and set aside for 1 hour.
- ☐ Place the toasted walnuts in the bowl of a food processor and process them until they become sticky or paste-like. It takes a good minute or so for the nuts to release their oils and you may need to scrape the sides of the bowl. Be diligent.
- ☐ Add the remaining ¼ teaspoon salt and red pepper (if using).
- ☐ Lay the bread slices on a work surface. Divide the goat cheese in 4 equal portions; spread each portion onto 4 slices bread. In a small bowl, toss the celery in 2 tablespoons of the vinaigrette; season with pepper.
- ☐ Place the celery on top of the goat cheese.
- ☐ Add the arugula to the bowl used to dress the celery and toss with 1 more tablespoon vinaigrette. Top the celery with avocado slices; season with salt then follow with the dressed arugula.
- ☐ Spread about 1 heaping tablespoon (or more to taste) walnut butter evenly over the 4 remaining bread slices. Use these to close the sandwiches; cut into halves, and serve.

Nutrition Facts



 **PROTEIN 10.33%**  **FAT 73.3%**  **CARBS 16.37%**

Properties

Glycemic Index:45.92, Glycemic Load:15.57, Inflammation Score:-8, Nutrition Score:27.2173914106%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 850.14kcal (42.51%), Fat: 72.23g (111.12%), Saturated Fat: 12.77g (79.81%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 28.49g (10.36%), Sugar: 5.94g (6.6%), Cholesterol: 16.3mg (5.43%), Sodium: 1696.13mg (73.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.78%), Manganese: 3.29mg (164.58%), Copper: 1.34mg (66.89%), Vitamin K: 49.15µg (46.81%), Phosphorus: 423.75mg (42.37%), Magnesium: 149.98mg (37.49%), Fiber: 7.81g (31.23%), Vitamin B1: 0.46mg (30.71%), Vitamin B6: 0.57mg (28.46%), Selenium: 18.45µg (26.35%), Folate: 105.19µg (26.3%), Vitamin E: 3.56mg (23.74%), Iron: 4.16mg (23.12%), Vitamin C: 18.51mg (22.43%), Calcium: 221.21mg (22.12%), Zinc: 3.22mg (21.44%), Vitamin B2: 0.33mg (19.54%), Vitamin B3: 3.37mg (16.87%), Potassium: 507.22mg (14.49%), Vitamin A: 641.55IU (12.83%), Vitamin B5: 1.07mg (10.75%), Vitamin B12: 0.07µg (1.12%)