



HEALTH SCORE

79%

Warm Goat Cheese, Beet and Arugula Sandwiches



Vegetarian



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



4006 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 large arugula
- ☐ 2 teaspoons balsamic vinegar
- ☐ 8 loaf bread (1/2-inch-thick)
- ☐ 14 ounce beets drained sliced canned
- ☐ 0.5 teaspoon dijon mustard
- ☐ 6 ounces goat cheese soft softened
- ☐ 3 tablespoons olive oil

☐ 4 slices onion red separated very thin

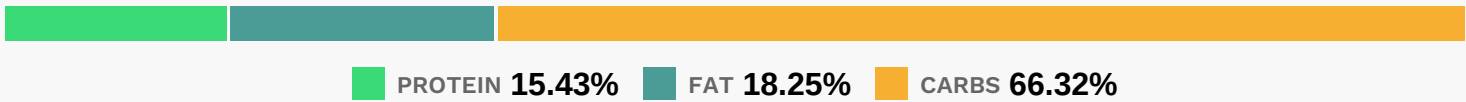
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Whisk together vinegar, mustard, and salt and pepper to taste, then whisk in 2 tablespoons oil. Toss beets with vinaigrette.
- ☐ Arrange bread on a large baking sheet and brush tops with remaining tablespoon oil. Season with salt and pepper and broil 6 inches from heat 1 to 1 1/2 minutes, or until edges are golden.
- ☐ Remove 4 slices from oven. Turn remaining 4 slices over on baking sheet and spread thickly with goat cheese. Broil 1 minute more and transfer to plates. Top goat cheese with drained beets, onion, arugula, and remaining bread, toasted sides up.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:347.63, Inflammation Score:-10, Nutrition Score:72.874782748844%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 4006.16kcal (200.31%), Fat: 81.24g (124.98%), Saturated Fat: 17.15g (107.21%), Carbohydrates: 664.23g (221.41%), Net Carbohydrates: 608.65g (221.33%), Sugar: 90.36g (100.4%), Cholesterol: 19.56mg (6.52%), Sodium: 6747.51mg (293.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 154.59g (309.18%), Manganese: 16.52mg

(826.08%), Selenium: 394.17µg (563.1%), Vitamin B3: 76.5mg (382.5%), Vitamin B1: 5.64mg (376.03%), Folate: 1198.36µg (299.59%), Iron: 50.41mg (280.04%), Fiber: 55.59g (222.35%), Vitamin B2: 3.65mg (214.56%), Phosphorus: 1889.5mg (188.95%), Calcium: 1787.64mg (178.76%), Magnesium: 585.05mg (146.26%), Copper: 2.45mg (122.59%), Vitamin B5: 11.63mg (116.31%), Zinc: 14.86mg (99.07%), Vitamin B6: 1.69mg (84.43%), Vitamin K: 82.81µg (78.87%), Potassium: 2096.57mg (59.9%), Vitamin E: 4.27mg (28.48%), Vitamin A: 705.66IU (14.11%), Vitamin C: 7.24mg (8.78%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)