



HEALTH SCORE

12%

## Warm Goat Cheese Salad

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 servings breadcrumbs
- 100 grams goat cheese fresh
- 5 grapes cut into wedges
- 2 tablespoons juice of lemon freshly squeezed
- 2 tablespoons olive oil
- 2 servings pepper freshly ground to taste
- 60 grams the salad
- 2 servings salt and pepper

- 1 shallots finely minced
- 1 tablespoon walnut oil
- 30 grams walnuts toasted coarsely chopped

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Whisk together 3 tablespoons of walnut oil with lemon juice, minced shallot, salt and pepper to make a vinaigrette. Coat each goat cheese round with walnut oil and then the bread crumbs, patting the crumbs to adhere.
- Combine the greens and the walnuts in a large bowl.
- Add in enough of the vinaigrette and toss well. Adjust the seasoning and divide among two serving plates.
- Heat a nonstick skillet over medium heat.
- Add in olive oil. When the oil is hot, add the goat cheese rounds. Cook until nicely browned, about 30 seconds. Turn and cook the other side. Do not allow it to burn or melt.
- Transfer the goat cheese to the plates, placing 2 or 3 atop each salad.
- Sprinkle the cheese with freshly ground pepper and garnish with grape wedges.

## Nutrition Facts



**PROTEIN 11.08%** **FAT 76.25%** **CARBS 12.67%**

## Properties

Glycemic Index:64, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:12.872608695652%

## Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin:

0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:  
0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Taste

Sweetness: 20.52%, Saltiness: 60.05%, Sourness: 57.05%, Bitterness: 49.65%, Savoriness: 24.72%, Fattiness: 100%,  
Spiciness: 0%

## Nutrients (% of daily need)

Calories: 481.22kcal (24.06%), Fat: 41.94g (64.53%), Saturated Fat: 10.92g (68.22%), Carbohydrates: 15.68g  
(5.23%), Net Carbohydrates: 13.64g (4.96%), Sugar: 4.76g (5.28%), Cholesterol: 23mg (7.67%), Sodium: 461.29mg  
(20.06%), Protein: 13.72g (27.43%), Manganese: 0.76mg (37.93%), Copper: 0.68mg (33.79%), Phosphorus:  
219.46mg (21.95%), Vitamin A: 870.5IU (17.41%), Vitamin C: 14.36mg (17.41%), Vitamin B2: 0.28mg (16.56%), Vitamin  
E: 2.3mg (15.33%), Vitamin B6: 0.3mg (15.14%), Vitamin B1: 0.21mg (14.11%), Iron: 2.36mg (13.08%), Vitamin K: 13.53µg  
(12.89%), Folate: 50.02µg (12.5%), Calcium: 114.38mg (11.44%), Magnesium: 43.88mg (10.97%), Fiber: 2.04g (8.15%),  
Zinc: 1.2mg (8%), Selenium: 4.96µg (7.08%), Potassium: 232.93mg (6.66%), Vitamin B3: 1.27mg (6.37%), Vitamin B5:  
0.58mg (5.8%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.2µg (1.33%)