



## Warm Goat Cheese Salad with Grilled Olive Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 large egg whites lightly beaten
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 garlic clove peeled halved
- ☐ 12 ounce goat cheese fresh soft pressed halved

- ☐ 0.5 teaspoon pepper black
- ☐ 10 ounce the salad mixed
- ☐ 1 tablespoon olive oil
- ☐ 6 servings olive oil
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

## Equipment

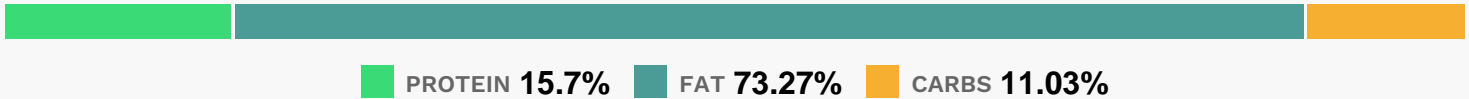
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ grill
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Place garlic and oil in small glass measuring cup or ramekin. Cover tightly with plastic wrap and microwave 30 seconds.
- ☐ Transfer garlic to small bowl. Reserve oil. Using fork, coarsely mash garlic.
- ☐ Add basil, vinegar, and mustard to mashed garlic.
- ☐ Whisk until smooth. Gradually whisk in reserved garlic oil. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.
- ☐ Let stand 1 hour at room temperature and rewhisk before using.)
- ☐ Mix first 6 ingredients in medium bowl to blend. Dip each cheese round into egg whites, turning to coat. Coat each with breadcrumb mixture.
- ☐ Transfer coated cheese rounds to plate. Cover with plastic wrap and refrigerate at least 1 hour and up to 8 hours.

- ☐ Prepare barbecue (medium-high heat).
- ☐ Heat 1 tablespoon olive oil in heavy large nonstick skillet over medium-high heat.
- ☐ Add cheese rounds and cook until golden and crisp, about 3 minutes per side.
- ☐ Transfer to plate.
- ☐ Brush bread slices on both sides with olive oil. Grill until beginning to toast, about 3 minutes per side.
- ☐ Transfer to plate.
- ☐ Place greens in large bowl and toss with all but 2 tablespoons vinaigrette; season to taste with salt and pepper. Divide salad among 6 plates. Top each with 1 cheese round and 1 slice grilled bread.
- ☐ Drizzle cheese rounds with remaining 2 tablespoons vinaigrette and serve.
- ☐ \* Available at Asian markets and in the Asian foods section of some supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:40.17, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:11.487826160763%

## Flavonoids

Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 354.26kcal (17.71%), Fat: 29.07g (44.73%), Saturated Fat: 10.67g (66.66%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 8.93g (3.25%), Sugar: 1.29g (1.43%), Cholesterol: 26.08mg (8.69%), Sodium: 465.71mg (20.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.03%), Vitamin A: 1256.18IU (25.12%), Copper: 0.48mg (24.25%), Vitamin K: 24.19µg (23.04%), Vitamin B2: 0.34mg (19.93%), Phosphorus: 191.13mg (19.11%), Vitamin C: 14.13mg (17.13%), Vitamin E: 2.49mg (16.6%), Manganese: 0.31mg (15.28%), Iron: 2.35mg (13.05%), Selenium: 8.35µg (11.93%), Calcium: 117.05mg (11.7%), Vitamin B1: 0.16mg (10.93%), Vitamin B6: 0.21mg (10.69%), Folate: 37.6µg (9.4%), Magnesium: 25.33mg (6.33%), Vitamin B3: 1.25mg (6.24%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.55mg (5.5%), Potassium: 161.18mg (4.61%), Fiber: 0.92g (3.68%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.23µg (1.51%)