



Warm Goat Cheese Salad with Grilled Olive Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



362 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
- ☐ 6.8 inch bread
- ☐ 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

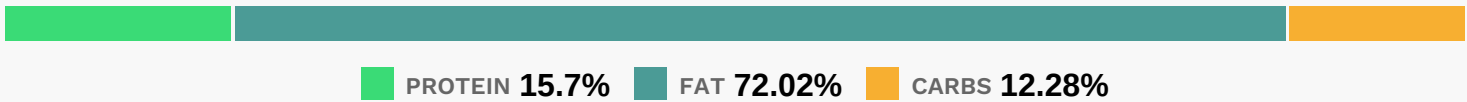
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ grill
- ☐ microwave
- ☐ measuring cup

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:49.94, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:11.862608671188%

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: 362.08kcal (18.1%), Fat: 29.2g (44.93%), Saturated Fat: 10.69g (66.78%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.18g (3.7%), Sugar: 1.46g (1.62%), Cholesterol: 26.08mg (8.69%), Sodium: 479.23mg (20.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin A: 1256.23IU (25.12%), Copper: 0.49mg (24.46%), Vitamin K: 24.33µg (23.18%), Vitamin B2: 0.35mg (20.35%), Phosphorus: 194.82mg (19.48%), Vitamin C: 14.14mg (17.14%), Manganese: 0.34mg (16.98%), Vitamin E: 2.5mg (16.63%), Iron: 2.45mg (13.63%), Selenium: 9.17µg (13.1%), Calcium: 120.62mg (12.06%), Vitamin B1: 0.18mg (11.71%), Vitamin B6: 0.22mg (10.84%), Folate: 40.03µg (10.01%), Vitamin B3: 1.41mg (7.04%), Magnesium: 26.5mg (6.63%), Zinc: 0.88mg (5.85%),

Vitamin B5: 0.57mg (5.73%), Potassium: 165.21mg (4.72%), Fiber: 1.03g (4.13%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.23µg (1.51%)