



Warm Goat-Cheese Timbales

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

Ingredients

- 4 large egg whites
- 4 large eggs
- 2 teaspoons thyme sprigs fresh chopped
- 0.5 pound goat cheese soft
- 1 tablespoon juice of lemon fresh
- 6 cups the salad
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons parmesan freshly grated

- 1 tablespoon shallots finely chopped
- 0.3 cup butter unsalted softened

Equipment

- food processor
- bowl
- oven
- knife
- whisk
- ramekin
- wax paper

Directions

- Preheat oven to 350°F. Lightly oil ramekins and line bottoms with rounds of wax paper. oil paper.
- Blend goat cheese and butter in a food processor until smooth.
- Add remaining timbale ingredients and salt and pepper to taste, then blend well.
- Pour into ramekins, filling them about three-quarters full.
- Bake timbales in a water bath in middle of oven until pale golden and slightly puffed and a knife inserted in centers comes out clean, 25 to 30 minutes.
- Transfer ramekins to a rack and cool 10 minutes.
- Whisk together lemon juice and shallot in a large bowl, then let stand 10 minutes.
- Add oil in a slow stream, whisking until well blended. Season with salt and pepper, then toss with mesclun. Divide salad among individual plates.
- Run a knife around edge of each timbale to loosen, then invert each onto a salad.
- Remove paper from timbales and serve.

Nutrition Facts

  

 PROTEIN **19.44%**  FAT **77.47%**  CARBS **3.09%**

Properties

Glycemic Index:17, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:10.087826205337%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.95kcal (15.2%), Fat: 26.32g (40.5%), Saturated Fat: 12.66g (79.12%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.83g (0.92%), Cholesterol: 162.86mg (54.29%), Sodium: 261.52mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.72%), Vitamin A: 1306.14IU (26.12%), Vitamin B2: 0.43mg (25.01%), Selenium: 16.34µg (23.35%), Phosphorus: 197.41mg (19.74%), Copper: 0.33mg (16.67%), Vitamin C: 11.45mg (13.88%), Vitamin E: 1.65mg (11.02%), Calcium: 103.87mg (10.39%), Iron: 1.76mg (9.8%), Vitamin B6: 0.2mg (9.76%), Folate: 37.65µg (9.41%), Vitamin B5: 0.89mg (8.87%), Vitamin B12: 0.42µg (7.07%), Vitamin D: 0.97µg (6.45%), Zinc: 0.94mg (6.28%), Manganese: 0.13mg (6.28%), Vitamin K: 5.7µg (5.43%), Potassium: 176.56mg (5.04%), Magnesium: 19.36mg (4.84%), Vitamin B1: 0.06mg (3.71%), Vitamin B3: 0.46mg (2.28%)