



Warm Salad of Kabocha and Goat Cheese with Currants

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices baguette toasted thin
- ☐ 1 teaspoon chives chopped
- ☐ 1 tablespoon currants dried
- ☐ 3 cups frisée lettuce
- ☐ 4 ounce goat cheese
- ☐ 6 ounce kabocha squash
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 4 teaspoons garnish: pumpkin seeds toasted
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

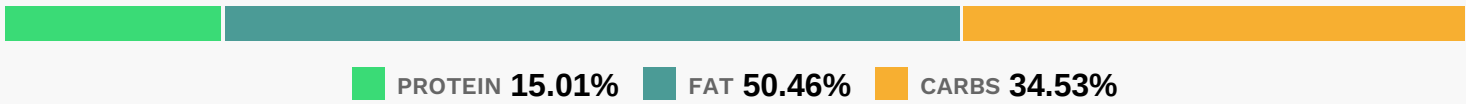
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 50
- ☐ Cut kabocha squash into 1-inch cubes; place in bowl.
- ☐ Add 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper, tossing well.
- ☐ Place squash on a baking sheet; roast until edges are lightly browned and soft (15 minutes).
Preheat broiler. Cover each baguette slice with 1/4 of goat cheese. Broil until browned and soft (2 minutes).
- ☐ Place squash, frise lettuce, chopped chives, currants, red wine vinegar, 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper in bowl; toss. Divide among 4 plates; top with toast.
- ☐ Garnish each with 1 teaspoon toasted pumpkin seeds; serve.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:11.27, Inflammation Score:-9, Nutrition Score:18.839565344479%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 273.83kcal (13.69%), Fat: 15.66g (24.1%), Saturated Fat: 5.6g (35.02%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 20.93g (7.61%), Sugar: 5.34g (5.93%), Cholesterol: 13.04mg (4.35%), Sodium: 468.61mg (20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.96%), Vitamin K: 118.75µg (113.1%), Vitamin A: 3032.53IU (60.65%), Manganese: 0.59mg (29.43%), Folate: 91.68µg (22.92%), Copper: 0.44mg (22.25%), Vitamin C: 14.65mg (17.76%), Phosphorus: 176mg (17.6%), Vitamin B1: 0.26mg (17.11%), Vitamin B2: 0.29mg (16.77%), Iron: 2.68mg (14.86%), Vitamin E: 2.13mg (14.19%), Magnesium: 51.64mg (12.91%), Calcium: 128.64mg (12.86%), Fiber: 3.2g (12.79%), Potassium: 414.06mg (11.83%), Vitamin B6: 0.23mg (11.31%), Vitamin B3: 2.2mg (11.02%), Selenium: 6.93µg (9.89%), Vitamin B5: 0.86mg (8.57%), Zinc: 1.04mg (6.93%)