



Whipped brie salad with dates & candied walnuts

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 600 g round of président brie
- ☐ 85 g dates cut into small pieces
- ☐ 120 g arugula
- ☐ 100 g croutons crumbled
- ☐ 100 g walnuts halved
- ☐ 25 g sugar
- ☐ 6 tbsp walnut oil

☐ 2 tbsp balsamic vinegar

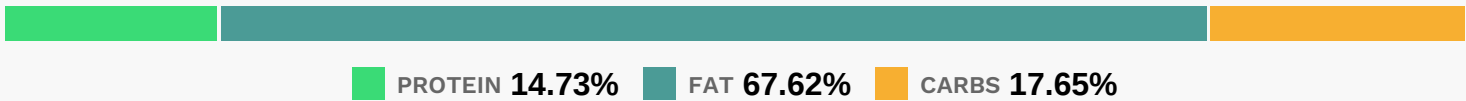
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ To make the candied walnuts, shake the walnut halves in 2 tbsp water, then toss in the sugar. Scatter over a baking sheet and bake in the oven for 6–8 mins until golden brown.
- ☐ Remove from the oven and allow to cool.
- ☐ Carefully peel the rind off the brie and discard.
- ☐ Put the gooey inside in a medium–sized bowl. Using a spoon or small whisk, whip the brie until pale and spoonable. To make the dressing, whisk the oil and vinegar together, then season.
- ☐ In a large bowl, combine the walnuts, dates and rocket, then mix with some of the dressing.
- ☐ Place a spoonful of whipped brie in the middle of each serving plate and arrange the salad around it. Scatter over the croutons, drizzle with a little extra dressing and serve.

Nutrition Facts



Properties

Glycemic Index:40.39, Glycemic Load:12.74, Inflammation Score:-7, Nutrition Score:13.863913017771%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 522.56kcal (26.13%), Fat: 40.1g (61.69%), Saturated Fat: 14.95g (93.43%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 20.98g (7.63%), Sugar: 11.42g (12.69%), Cholesterol: 75mg (25%), Sodium: 564.46mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.31%), Manganese: 0.6mg (29.81%), Vitamin B2: 0.46mg (27.25%), Selenium: 16.56µg (23.65%), Folate: 94.07µg (23.52%), Phosphorus: 213.77mg (21.38%), Vitamin B12: 1.24µg (20.62%), Vitamin K: 20.23µg (19.27%), Calcium: 189.01mg (18.9%), Vitamin A: 803.51IU (16.07%), Zinc: 2.39mg (15.92%), Vitamin B6: 0.28mg (13.76%), Copper: 0.27mg (13.4%), Magnesium: 50.72mg (12.68%), Vitamin B1: 0.19mg (12.34%), Fiber: 2.57g (10.26%), Potassium: 314.22mg (8.98%), Iron: 1.61mg (8.92%), Vitamin B5: 0.77mg (7.71%), Vitamin B3: 1.29mg (6.43%), Vitamin C: 2.45mg (2.98%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.38µg (2.5%)