



Baked Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices baguette toasted
- 2 tablespoons balsamic vinegar
- 3 garlic cloves minced
- 11 ounce goat cheese
- 0.3 cup olive oil extra-virgin
- 0.3 cup pecans finely chopped

Equipment

- oven

- whisk
- baking pan

Directions

- Whisk together first 3 ingredients.
- Place cheese in an 11- x 7-inch baking dish, drizzle with oil mixture, and top with pecans.
- Bake at 250 for 20 minutes.
- Serve with toasted bread or crackers.

Nutrition Facts



PROTEIN 15.29% **FAT 77.9%** **CARBS 6.81%**

Properties

Glycemic Index:10.11, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:2.6660869529714%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.76kcal (5.24%), Fat: 9.18g (14.12%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.66g (0.74%), Cholesterol: 8.97mg (2.99%), Sodium: 84.71mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Copper: 0.17mg (8.73%), Manganese: 0.14mg (7.15%), Phosphorus: 59.33mg (5.93%), Vitamin B2: 0.08mg (4.94%), Vitamin A: 202.66IU (4.05%), Vitamin E: 0.56mg (3.73%), Calcium: 32.57mg (3.26%), Vitamin B6: 0.06mg (3.13%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg (2.76%), Vitamin K: 2.53µg (2.41%), Zinc: 0.31mg (2.04%), Magnesium: 6.77mg (1.69%), Vitamin B5: 0.16mg (1.63%), Selenium: 1.06µg (1.51%), Folate: 5µg (1.25%), Fiber: 0.27g (1.09%), Vitamin B3: 0.21mg (1.03%)