



Baked Goat Cheese Dip

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup torn basil leaves
- ☐ 12 servings cut vegetables and bread cubes assorted
- ☐ 14.5 oz canned tomatoes canned
- ☐ 8 oz cream cheese softened
- ☐ 2 garlic cloves minced
- ☐ 8 oz goat cheese logs softened
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 12 servings salt and pepper to taste
- ☐ 1 pinch sugar
- ☐ 0.3 cup sun-dried tomatoes chopped in oil
- ☐ 2 tablespoons tomato paste

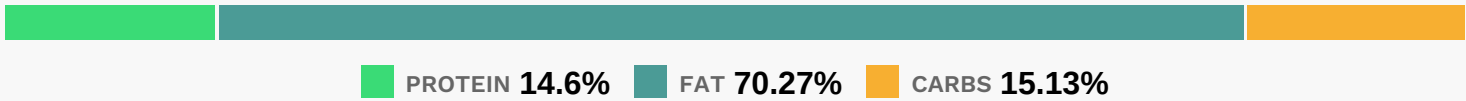
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Saut onion in hot oil in a 3-qt. saucepan over medium-high heat 5 minutes or until tender. Stir in garlic and next 3 ingredients, and cook, stirring constantly, 1 minute. Stir in diced and sun-dried tomatoes. Reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes or until very thick.
- ☐ Remove from heat, and stir in basil and salt and pepper to taste.
- ☐ Stir together goat cheese and cream cheese until well blended.
- ☐ Spread into a lightly greased 9-inch shallow ovenproof dish. Top with tomato mixture.
- ☐ Bake at 350 for 15 to 18 minutes or until thoroughly heated.
- ☐ Serve with assorted vegetables and bread cubes.
- ☐ Make ahead: Prepare recipe as directed through Step Cover and freeze up to 1 month. Thaw in refrigerator overnight.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:30.48, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:5.4417391652646%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 150.76kcal (7.54%), Fat: 12.15g (18.69%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.11g (3.45%), Cholesterol: 27.78mg (9.26%), Sodium: 400.84mg (17.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin A: 631.75IU (12.64%), Copper: 0.23mg (11.64%), Phosphorus: 89.12mg (8.91%), Vitamin B2: 0.15mg (8.91%), Vitamin C: 6.75mg (8.18%), Vitamin B6: 0.14mg (6.91%), Manganese: 0.14mg (6.86%), Calcium: 63.13mg (6.31%), Vitamin E: 0.93mg (6.21%), Potassium: 207.41mg (5.93%), Iron: 1.05mg (5.86%), Vitamin K: 5.76µg (5.48%), Fiber: 1.07g (4.26%), Selenium: 2.97µg (4.24%), Magnesium: 16.06mg (4.01%), Vitamin B1: 0.06mg (3.82%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.37mg (3.66%), Folate: 11.59µg (2.9%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.08µg (1.29%)