

Baked Goat Cheese Salsa

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

0.7 cup ingredients: salsa 4 ounces goat cheese tortilla chips sliced (see below) ()

Equipment

baking pan

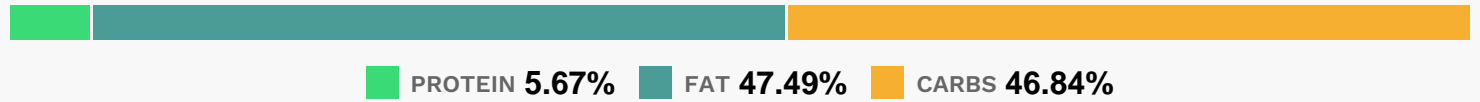
Directions

Place the salsa in a baking dish and top with the goat cheese.

Broil until the goat cheese is soft and golden brown, about 4-6 minutes.

Serve with the tortilla chips.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8113043282343%

Nutrients (% of daily need)

Calories: 204.65kcal (10.23%), Fat: 10.8g (16.62%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 21.96g (7.99%), Sugar: 1.02g (1.13%), Cholesterol: 0mg (0%), Sodium: 272.47mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin E: 2.46mg (16.4%), Phosphorus: 99.37mg (9.94%), Fiber: 2.01g (8.04%), Magnesium: 29.57mg (7.39%), Manganese: 0.14mg (6.86%), Calcium: 54.02mg (5.4%), Vitamin B6: 0.09mg (4.34%), Selenium: 2.92µg (4.17%), Vitamin B1: 0.06mg (4.02%), Zinc: 0.54mg (3.63%), Vitamin B2: 0.05mg (3.15%), Vitamin B5: 0.28mg (2.76%), Iron: 0.46mg (2.54%), Vitamin B3: 0.51mg (2.54%), Potassium: 87.93mg (2.51%), Copper: 0.04mg (2.01%), Folate: 5.13µg (1.28%)