



Black Pepper-Goat Cheese Log



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

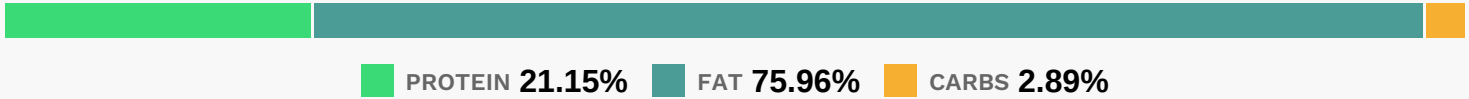
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 11 ounce goat cheese log
- ☐ 2 tablespoons cracked pepper black
- ☐ 6 servings garnish: rosemary sprigs fresh

Equipment

Directions

- ☐ Sprinkle pepper on a square of wax pepper.
- ☐ Roll goat cheese log over pepper to coat.
- ☐ Drizzle with olive oil.
- ☐ Serve with toasted baguette slices.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:5.6834782287478%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 183.82kcal (9.19%), Fat: 15.7g (24.16%), Saturated Fat: 8.25g (51.59%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.48g (0.53%), Cholesterol: 23.91mg (7.97%), Sodium: 191.81mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Copper: 0.41mg (20.38%), Manganese: 0.31mg (15.45%), Phosphorus: 136.28mg (13.63%), Vitamin B2: 0.2mg (11.85%), Vitamin A: 550.96IU (11.02%), Calcium: 82.95mg (8.3%), Iron: 1.24mg (6.87%), Vitamin B6: 0.14mg (6.87%), Vitamin K: 7.02µg (6.68%), Vitamin E: 0.79mg (5.24%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.51mg (3.37%), Magnesium: 11.96mg (2.99%), Vitamin B1: 0.04mg (2.6%), Selenium: 1.56µg (2.23%), Fiber: 0.55g (2.19%), Folate: 6.88µg (1.72%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.21µg (1.39%), Vitamin B3: 0.25mg (1.24%), Potassium: 41.09mg (1.17%)