



Chèvre with Pistachios and Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 11 oz chèvre fresh at room temperature (goat cheese)
- ☐ 2 tablespoons half-and-half
- ☐ 3 tablespoons orange blossom honey
- ☐ 0.3 cup roasted pistachios salted coarsely chopped
- ☐ 6 servings sesame crackers

Equipment

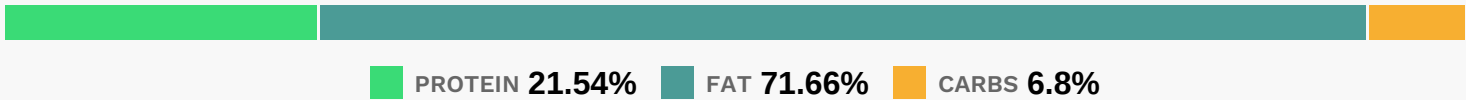
- ☐ bowl
- ☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ In a bowl, whisk goat cheese and half-and-half until smooth. Spoon into a small, shallow gratin dish, spreading level.
- ☐ Bake until cheese is hot in center and beginning to firm up at edges, about 15 minutes.
- ☐ Drizzle cheese with honey and sprinkle with pistachios.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:9.3726087834524%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 228.01kcal (11.4%), Fat: 18.61g (28.63%), Saturated Fat: 8.86g (55.39%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 2.32g (0.84%), Sugar: 1.22g (1.35%), Cholesterol: 25.66mg (8.55%), Sodium: 195.26mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Copper: 0.8mg (39.81%), Phosphorus: 221.61mg (22.16%), Manganese: 0.33mg (16.54%), Calcium: 163.29mg (16.33%), Vitamin B6: 0.31mg (15.59%), Vitamin B2: 0.24mg (13.99%), Iron: 2.42mg (13.45%), Vitamin A: 583.67IU (11.67%), Magnesium: 45.16mg (11.29%), Vitamin B1: 0.16mg (10.71%), Zinc: 1.27mg (8.45%), Selenium: 4.85µg (6.92%), Fiber: 1.65g (6.59%), Folate: 17.63µg (4.41%), Vitamin B5: 0.41mg (4.07%), Potassium: 127.59mg (3.65%), Vitamin B3: 0.68mg (3.39%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.21µg (1.39%)