



## Chèvre With Sautéed Grapes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

### Ingredients

- 8 ounces goat cheese fresh soft (goat cheese; I'm partial to the Laura Chenel brand)
- 2 tablespoons olive oil extra virgin extra-virgin
- 1.5 cups grapes red seedless halved
- 1 tablespoon chives fresh minced
- 1 tablespoon chives
- 1 tablespoon oregano fresh
- 4 servings sea salt (such as Maldon)

### Equipment

frying pan

## Directions

- Cut the chvre into 8 pieces and roll into balls. Arrange on a serving platter.
- Just before you are ready to serve, heat 1 tablespoon of the olive oil in a medium saut pan over medium–high heat. When it is hot, add the grapes and saut them for 30 seconds, then pour them over and around the chvre. (You only want to warm the grapes through, not cook them until they start to break down.)
- Drizzle with the remaining 1 tablespoon olive oil.
- Garnish with the chives, chive blossoms (if using), oregano, and sea salt, and serve immediately.

## Nutrition Facts

 **PROTEIN 16.97%**  **FAT 65.9%**  **CARBS 17.13%**

## Properties

Glycemic Index:35.25, Glycemic Load:4.51, Inflammation Score:-8, Nutrition Score:7.974347826087%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Taste

Sweetness: 40.99%, Saltiness: 100%, Sourness: 37.28%, Bitterness: 28.74%, Savoriness: 30.65%, Fattiness: 89.81%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 254.4kcal (12.72%), Fat: 19.11g (29.4%), Saturated Fat: 9.28g (58.01%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.1g (3.67%), Sugar: 9.36g (10.4%), Cholesterol: 26.08mg (8.69%), Sodium: 404.07mg (17.57%), Protein: 11.07g (22.14%), Copper: 0.5mg (24.87%), Vitamin K: 24.47µg (23.3%), Phosphorus: 159.19mg (15.92%), Vitamin B2: 0.26mg (15.5%), Vitamin A: 709.63IU (14.19%), Calcium: 106.57mg (10.66%), Vitamin B6: 0.21mg (10.28%), Iron: 1.81mg (10.03%), Vitamin E: 1.45mg (9.66%), Manganese: 0.17mg (8.27%), Vitamin B1: 0.08mg (5.48%), Fiber: 1.08g (4.31%), Vitamin B5: 0.43mg (4.3%), Magnesium: 17.05mg (4.26%), Potassium: 143.2mg (4.09%), Zinc: 0.6mg (4.03%), Vitamin C: 2.71mg (3.29%), Folate: 12.47µg (3.12%), Selenium: 1.71µg (2.45%), Vitamin

B3: 0.42mg (2.09%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)