



Cranberry-Goat Cheese Canapés

 Vegetarian

READY IN



55 min.

SERVINGS



25

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cranberries fresh chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ginger fresh grated
- ☐ 5.3 oz spreadable goat cheese
- ☐ 1.5 tablespoons jalapeno fresh minced
- ☐ 25 servings garnish: roasted salted shelled (pumpkin seeds)
- ☐ 3 tablespoons sugar
- ☐ 25 servings canapé toast squares

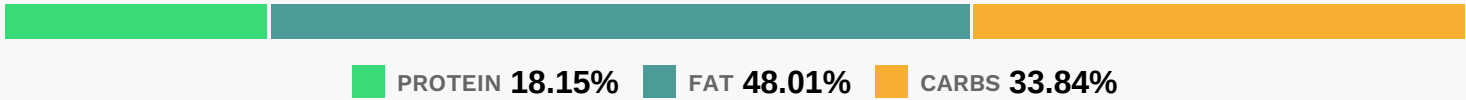
Equipment

☐ bowl

Directions

- ☐ Stir together first 5 ingredients in a medium bowl.
- ☐ Let stand 10 minutes, stirring occasionally.
- ☐ Add salt and pepper to taste.
- ☐ Spread each toast square with cheese, and top with a small spoonful of cranberry mixture.
- ☐ Note: We tested with Chavrie Original Mild Goat Cheese.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:1.3052173969538%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 33.01kcal (1.65%), Fat: 1.81g (2.79%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.85g (2.05%), Cholesterol: 2.77mg (0.92%), Sodium: 28.3mg (1.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Manganese: 0.08mg (3.93%), Copper: 0.06mg (3.15%), Phosphorus: 29.68mg (2.97%), Vitamin C: 1.94mg (2.35%), Magnesium: 7.67mg (1.92%), Vitamin B2:

0.03mg (1.76%), Vitamin A: 78.79IU (1.58%), Iron: 0.25mg (1.41%), Fiber: 0.33g (1.31%), Vitamin B6: 0.02mg (1.22%), Calcium: 10.71mg (1.07%)