



Creamy Goat Cheese and Honey



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 2 sprigs rosemary fresh minced
- ☐ 4 ounces goat cheese fresh
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 2 ounces pecans finely chopped

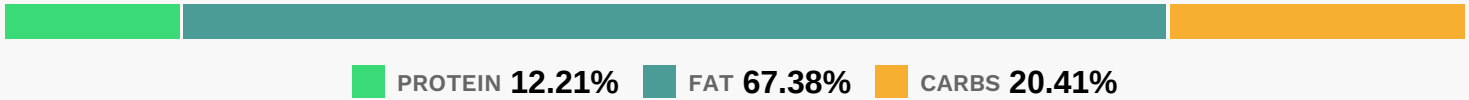
Equipment

- ☐ bowl

Directions

- ☐ Divide the goat cheese into 12 equal portions.
- ☐ Roll each portion into a ball.
- ☐ Combine the crushed pecans and cinnamon in a bowl.
- ☐ Roll each goat cheese ball in the pecan mixture until covered. Gently pat the balls into patties; transfer to a serving plate.
- ☐ Drizzle honey over the patties and sprinkle rosemary on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:2.0282608649653%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 68.67kcal (3.43%), Fat: 5.4g (8.3%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.13g (1.14%), Sugar: 3.15g (3.5%), Cholesterol: 4.35mg (1.45%), Sodium: 34.94mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Manganese: 0.25mg (12.71%), Copper: 0.13mg (6.39%), Phosphorus: 37.54mg (3.75%), Vitamin B2: 0.04mg (2.56%), Vitamin B1: 0.04mg (2.52%), Fiber: 0.55g (2.21%), Zinc: 0.31mg (2.08%), Vitamin A: 101.24IU (2.02%), Magnesium: 7.41mg (1.85%), Calcium: 18.47mg (1.85%), Iron: 0.33mg (1.83%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.11mg (1.08%)