



Curry Goat Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 4 oz goat cheese log
- ☐ 1 teaspoon paprika

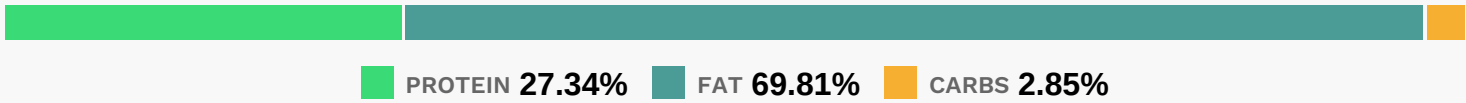
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine curry powder and paprika in a small bowl; sprinkle onto a piece of plastic wrap. Gently roll goat cheese log in spice mixture. Wrap in plastic wrap; chill until ready to serve.
- ☐ Herb Goat Cheese: Substitute 1 Tbsp. chopped fresh parsley and 1 tsp. dried Italian seasoning for curry powder and paprika. Proceed as directed.
- ☐ Sesame Seed Goat Cheese: Substitute 1 Tbsp. toasted sesame seeds and 1 tsp. pepper for curry powder and paprika. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.0239130564682%

Nutrients (% of daily need)

Calories: 51.92kcal (2.6%), Fat: 4.07g (6.27%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.21g (0.24%), Cholesterol: 8.69mg (2.9%), Sodium: 69.95mg (3.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin A: 362.7IU (7.25%), Copper: 0.14mg (7.17%), Phosphorus: 50.59mg (5.06%), Vitamin B2: 0.08mg (4.52%), Iron: 0.53mg (2.93%), Vitamin B6: 0.06mg (2.91%), Calcium: 28.82mg (2.88%), Manganese: 0.04mg (1.92%), Vitamin B5: 0.14mg (1.37%), Vitamin E: 0.2mg (1.36%), Zinc: 0.2mg (1.35%), Magnesium: 4.46mg (1.12%), Vitamin B1: 0.02mg (1.01%)