



Dried Tomato Mock Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese softened
- 0.3 cup tomatoes dried drained chopped in oil
- 8 ounce feta cheese crumbled
- 2 teaspoons parsley fresh minced
- 1 serving garnishes: parsley fresh

Equipment

- plastic wrap
- hand mixer

Directions

- Beat first 3 ingredients at medium speed with an electric mixer until smooth. Shape into a 10- x 2-inch log; roll log in tomato.
- Wrap in plastic wrap; freeze 15 minutes.
- Serve with crackers or garlic toast.
- Garnish if desired.

Nutrition Facts

PROTEIN 13.4% **FAT 76.73%** **CARBS 9.87%**

Properties

Glycemic Index:148, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:46.985651928446%

Flavonoids

Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1467.26kcal (73.36%), Fat: 127.63g (196.35%), Saturated Fat: 76.1g (475.62%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 33.41g (12.15%), Sugar: 18.9g (21%), Cholesterol: 430.91mg (143.64%), Sodium: 3329.39mg (144.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.16g (100.31%), Vitamin B2: 2.57mg (151.43%), Calcium: 1374.14mg (137.41%), Phosphorus: 1107.31mg (110.73%), Vitamin A: 4597.11IU (91.94%), Vitamin K: 89.55µg (85.29%), Selenium: 55.04µg (78.63%), Vitamin B12: 4.33µg (72.2%), Vitamin B6: 1.18mg (59.19%), Zinc: 8.26mg (55.05%), Vitamin B5: 4.08mg (40.77%), Potassium: 1406.5mg (40.19%), Vitamin B1: 0.55mg (36.68%), Manganese: 0.6mg (30.14%), Magnesium: 118.95mg (29.74%), Folate: 118.07µg (29.52%), Copper: 0.51mg (25.51%), Vitamin B3: 5mg (24.99%), Iron: 4.48mg (24.91%), Vitamin C: 16.37mg (19.84%), Vitamin E: 2.39mg (15.95%), Fiber: 3.52g (14.08%), Vitamin D: 0.91µg (6.05%)