



Fig and Walnut Tapenade with Goat Cheese

READY IN



45 min.

SERVINGS



20

CALORIES



174 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon capers drained chopped
- ☐ 20 servings breads and/or crackers assorted
- ☐ 1 cup calimyrna figs dried stemmed chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 11 ounce logs goat cheese fresh soft (such as Montrachet)
- ☐ 0.3 cup kalamata olives black pitted chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup walnut halves toasted

- ☐ 0.5 cup walnuts toasted chopped
- ☐ 0.3 cup water

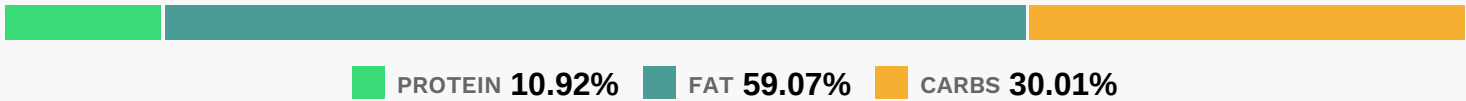
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine chopped figs and 1/3 cup water in heavy medium saucepan. Cook over medium-high heat until liquid evaporates and figs are soft, about 7 minutes.
- ☐ Transfer to medium bowl.
- ☐ Mix in olives, olive oil, balsamic vinegar, capers, and chopped thyme. Season tapenade to taste with salt and pepper. (Can be made 3 days ahead. Cover and refrigerate. Bring to room temperature before serving.)
- ☐ Arrange overlapping cheese rounds in circle in center of medium platter. Stir chopped walnuts into tapenade; spoon into center of cheese circle.
- ☐ Garnish with walnut halves and thyme sprigs, if desired.
- ☐ Serve with breads and/or crackers.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:4.9160869471405%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 173.92kcal (8.7%), Fat: 11.65g (17.92%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.2g (4.44%), Sugar: 3.62g (4.02%), Cholesterol: 7.17mg (2.39%), Sodium: 245.3mg (10.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Manganese: 0.27mg (13.54%), Copper: 0.22mg (10.89%), Phosphorus: 100.87mg (10.09%), Vitamin K: 9.93µg (9.46%), Vitamin B1: 0.1mg (6.95%), Iron: 1.24mg (6.89%), Vitamin B2: 0.12mg (6.8%), Vitamin E: 0.92mg (6.14%), Calcium: 57.19mg (5.72%), Vitamin B3: 0.95mg (4.77%), Folate: 18.63µg (4.66%), Fiber: 1.11g (4.45%), Vitamin B6: 0.09mg (4.34%), Vitamin A: 195.26IU (3.91%), Magnesium: 15.23mg (3.81%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.23mg (2.27%), Potassium: 72.82mg (2.08%), Selenium: 1.44µg (2.05%)