



French Bread with Herbed Goat Cheese Spread

 Vegetarian

READY IN



7 min.

SERVINGS



4

CALORIES



45 kcal

Ingredients

- ☐ 4 inch diagonally baguette whole wheat toasted cut
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 ounces goat cheese softened
- ☐ 0.5 teaspoon oregano fresh chopped

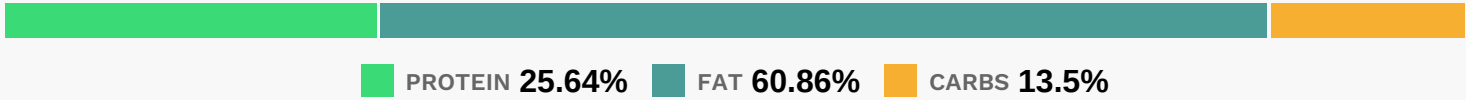
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Spread goat cheese mixture evenly on baguette slices.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:1.7726086974144%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 45.23kcal (2.26%), Fat: 3.08g (4.73%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.26g (0.28%), Cholesterol: 6.52mg (2.17%), Sodium: 67.97mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Copper: 0.11mg (5.57%), Phosphorus: 39.53mg (3.95%), Vitamin B2: 0.06mg (3.81%), Vitamin A: 163.24IU (3.26%), Manganese: 0.06mg (2.93%), Calcium: 28.07mg (2.81%), Iron: 0.5mg (2.8%), Vitamin B6: 0.04mg (2.1%), Vitamin K: 2.09µg (1.99%), Vitamin B1: 0.03mg (1.69%), Folate: 5.14µg (1.29%), Selenium: 0.85µg (1.22%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.09%), Magnesium: 4.22mg (1.05%)