



## Fresh Basil-Goat Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup basil leaves loosely packed
- 8 servings pepper black freshly ground
- 1 cup chèvre fresh (goat cheese)
- 2 tablespoons juice of lemon fresh
- 0.5 cup mayonnaise
- 8 servings salt
- 0.5 cup whipping cream

### Equipment

food processor

## Directions

In a food processor, combine chvre, basil, mayonnaise, cream, and lemon juice; whirl until smooth.

Add salt and pepper to taste.

## Nutrition Facts

**PROTEIN 10.59%** **FAT 87.8%** **CARBS 1.61%**

## Properties

Glycemic Index:19, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:5.2356520955977%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 222.45kcal (11.12%), Fat: 21.85g (33.62%), Saturated Fat: 9.2g (57.49%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.87g (0.97%), Cholesterol: 35.74mg (11.91%), Sodium: 391.3mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 36.42µg (34.69%), Vitamin A: 679.9IU (13.6%), Copper: 0.23mg (11.28%), Phosphorus: 86.35mg (8.63%), Vitamin B2: 0.14mg (8.32%), Calcium: 56.76mg (5.68%), Vitamin E: 0.68mg (4.52%), Vitamin B6: 0.08mg (4.2%), Manganese: 0.08mg (3.88%), Iron: 0.69mg (3.85%), Vitamin B5: 0.27mg (2.68%), Vitamin D: 0.38µg (2.53%), Vitamin C: 2.08mg (2.52%), Zinc: 0.35mg (2.3%), Selenium: 1.58µg (2.26%), Magnesium: 8.04mg (2.01%), Folate: 7.51µg (1.88%), Vitamin B1: 0.03mg (1.75%), Vitamin B12: 0.09µg (1.58%), Potassium: 38.39mg (1.1%)