



Fresh Goat Cheese and Crispy Shallot Dip

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings cayenne pepper
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.5 pound goat cheese fresh at room temperature
- ☐ 1.5 cups vegetable oil; peanut oil preferred for frying
- ☐ 6 pita breads split
- ☐ 8 servings salt
- ☐ 1 pound shallots thinly sliced
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 0.5 cup milk whole

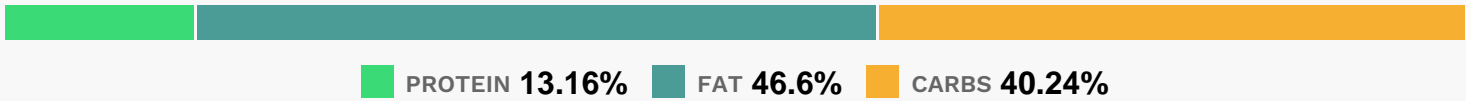
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a medium saucepan, bring the shallots and oil to a boil. Cook over moderately low heat, stirring, until the shallots are deep golden, about 18 minutes. Strain the shallots, then drain on paper towels and let cool. Reserve the shallot oil.
- ☐ Meanwhile, brush the rough side of the pitas with some of the shallot oil and arrange on baking sheets, oiled side up. Reserve the remaining oil for another use.
- ☐ Sprinkle the pitas with salt and cayenne and bake for 10 minutes, or until golden and crisp.
- ☐ Let cool, then break into large pieces.
- ☐ In a food processor, puree the goat cheese with the sour cream and milk. Season with salt and cayenne; process until smooth.
- ☐ Transfer to a bowl. Stir in three-quarters of the shallots and the parsley. Top with the remaining shallots and serve with the pita crisps.
- ☐ Make Ahead: The crispy shallots and pitas can be stored in airtight containers for 3 days; the goat cheese mixture can be refrigerated for 3 days.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:24.58, Inflammation Score:-8, Nutrition Score:11.334347885588%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 347.1kcal (17.36%), Fat: 18.27g (28.1%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 32.18g (11.7%), Sugar: 6.15g (6.84%), Cholesterol: 23.35mg (7.78%), Sodium: 541.45mg (23.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Vitamin A: 1325.82IU (26.52%), Manganese: 0.44mg (22.01%), Vitamin K: 19.29µg (18.37%), Phosphorus: 180.1mg (18.01%), Vitamin B6: 0.35mg (17.29%), Copper: 0.34mg (16.99%), Calcium: 134.52mg (13.45%), Vitamin E: 2.01mg (13.41%), Fiber: 3.32g (13.26%), Vitamin B2: 0.22mg (13.2%), Vitamin B1: 0.18mg (12.32%), Iron: 2.04mg (11.33%), Potassium: 333.85mg (9.54%), Folate: 37.26µg (9.32%), Vitamin C: 7.52mg (9.12%), Magnesium: 34.18mg (8.54%), Vitamin B3: 1.35mg (6.76%), Zinc: 1.01mg (6.75%), Vitamin B5: 0.63mg (6.33%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.28µg (1.87%)