



Fromage-Chèvre Canapes

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 medium belgian endive leaves (3 medium heads)
- 1 tablespoon caviar
- 6 ounces chèvre (mild goat cheese)
- 10 grapes red seedless halved
- 0.8 pound potatoes red
- 0.3 teaspoon salt
- 0.3 cup skim milk

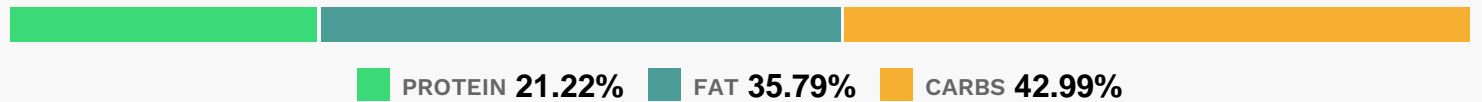
Equipment

- bowl
- pastry bag

Directions

- Steam potatoes, covered, 13 minutes or until tender; let cool. Lightly coat potatoes with cooking spray, and cut in half.
- Cut and discard a thin slice from the bottom of each potato half so they will stand up.
- Sprinkle potato halves with salt.
- Combine milk and cheese in a bowl; stir well. Spoon mixture into a pastry bag fitted with a large star tip; pipe mixture onto potato halves and into endive leaves. Top each endive leaf with one grape half. Cover and chill, if desired. Just before serving, sprinkle potato halves with caviar.

Nutrition Facts



Properties

Glycemic Index:1.98, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.6065217629075%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 24.12kcal (1.21%), Fat: 1.01g (1.55%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.42g (0.47%), Cholesterol: 4.35mg (1.45%), Sodium: 38.9mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Fiber: 0.98g (3.91%), Folate: 12.1µg (3.03%), Copper: 0.06mg (2.91%), Potassium: 101.39mg (2.9%), Phosphorus: 26.28mg (2.63%), Manganese: 0.04mg (2.2%), Vitamin B6: 0.04mg (1.97%), Vitamin B1: 0.03mg (1.92%), Vitamin B2: 0.03mg (1.84%), Vitamin C: 1.51mg (1.83%), Magnesium: 6.67mg (1.67%), Vitamin B12: 0.1µg (1.62%), Calcium: 15.09mg (1.51%), Iron: 0.26mg (1.44%), Vitamin A: 59.78IU (1.2%), Vitamin B5: 0.11mg (1.11%)