



Goat Cheese-and-Chive Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons mazola canola oil
- ☐ 8 ounce baguette french
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 ounce log goat cheese
- ☐ 2 tablespoons mayonnaise

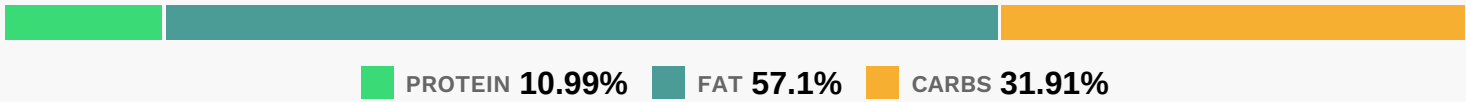
Equipment

- ☐ oven

Directions

- ☐ Cut baguette diagonally into 8 slices; brush bread slices with oil.
- ☐ Stir together goat cheese, chopped chives, and mayonnaise.
- ☐ Spread mixture evenly on bread slices.
- ☐ Bake at 400 for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:9.37, Inflammation Score:-2, Nutrition Score:4.6800000460252%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 171.93kcal (8.6%), Fat: 10.89g (16.75%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 13.07g (4.75%), Sugar: 1.46g (1.62%), Cholesterol: 6.36mg (2.12%), Sodium: 236.57mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin B1: 0.17mg (11.56%), Vitamin K: 12.09µg (11.51%), Folate: 32.57µg (8.14%), Vitamin B2: 0.13mg (7.82%), Vitamin E: 1.14mg (7.58%), Selenium: 5.26µg (7.52%), Manganese: 0.15mg (7.26%), Vitamin B3: 1.34mg (6.69%), Iron: 1.2mg (6.66%), Copper: 0.11mg (5.7%), Phosphorus: 55.32mg (5.53%), Calcium: 45.62mg (4.56%), Vitamin A: 144.74IU (2.89%), Vitamin B6: 0.06mg (2.87%), Fiber: 0.61g (2.46%), Magnesium: 9.42mg (2.36%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.19mg (1.88%), Potassium: 40.84mg (1.17%)