



Goat Cheese and Honey Blancmange

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- 2 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon powdered sugar
- 1 tablespoon basil fresh finely chopped
- 1 tablespoon gelatin powder (a seaweed gelatin found at health food stores)
- 6 ounces goat cheese
- 1 cup half and half
- 0.3 cup honey

- 2 teaspoon lemon thyme
- 1.3 cups skim milk cold
- 1 pint strawberries fresh hulled thinly sliced
- 1 vanilla extract

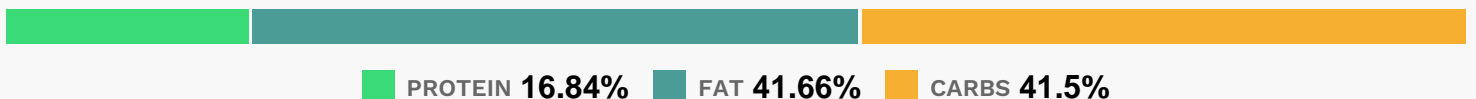
Equipment

- bowl
- knife
- whisk
- pot
- plastic wrap
- ramekin

Directions

- Pour milk into a medium pot and sprinkle agar on top. Allow to rest until agar (or gelatin) becomes clear and puffs slightly, 10 to 15 minutes. Bring milk to a simmer; cook, stirring often, until flakes dissolve, 1 to 2 minutes. Cool slightly (leave just warm enough to melt—not curdle—cheese).
- Whisk in half-and-half, cheese, honey and vanilla seeds. Divide mixture among 8 martini glasses or 1-cup ramekins. Cover with plastic wrap; chill until set, about 2 hours.
- Mix strawberries, vinegar, basil, thyme, pepper and sugar in a bowl. If serving in glasses, top each with berry mixture. If serving out of a ramekin, run a knife along the inside edge and turn out onto a plate; top with berry mixture.
- Self

Nutrition Facts



Properties

Glycemic Index:40.32, Glycemic Load:6.9, Inflammation Score:-5, Nutrition Score:7.9352173235105%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 171.48kcal (8.57%), Fat: 8.18g (12.59%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.04g (6.2%), Sugar: 16.55g (18.39%), Cholesterol: 21.52mg (7.17%), Sodium: 116.15mg (5.05%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 7.44g (14.89%), Vitamin C: 35.95mg (43.57%), Manganese: 0.29mg (14.67%), Phosphorus: 140.72mg (14.07%), Calcium: 127.37mg (12.74%), Vitamin B2: 0.21mg (12.46%), Copper: 0.22mg (10.84%), Vitamin A: 449.54IU (8.99%), Vitamin B6: 0.12mg (6.17%), Potassium: 215.66mg (6.16%), Vitamin B12: 0.32µg (5.33%), Fiber: 1.31g (5.24%), Magnesium: 20.78mg (5.2%), Folate: 19.31µg (4.83%), Iron: 0.85mg (4.74%), Vitamin B5: 0.46mg (4.55%), Selenium: 3.01µg (4.3%), Zinc: 0.61mg (4.06%), Vitamin B1: 0.06mg (4.02%), Vitamin D: 0.51µg (3.37%), Vitamin K: 3.32µg (3.16%), Vitamin B3: 0.42mg (2.12%), Vitamin E: 0.29mg (1.92%)