



HEALTH SCORE

56%

Goat Cheese Canapés

READY IN



40 min.

SERVINGS



1

CALORIES



2553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 4 oz goat cheese log softened
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 1 serving squash and salmon caviar sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 18 slices sandwich bread white

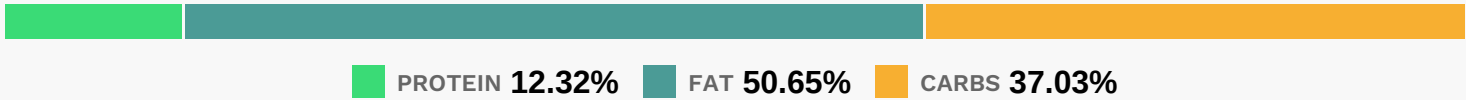
Equipment

- ☐ food processor

Directions

- ☐ Pulse first 4 ingredients in a food processor until smooth.
- ☐ Add thyme and next 2 ingredients; process until finely chopped.
- ☐ Spread 1 Tbsp. cream cheese mixture onto each bread slice. Top with candy-cane beets and chives, or sliced squash and salmon caviar, pressing lightly. Trim crusts from bread.
- ☐ Cut each bread slice into 4 squares or 2 rectangles.

Nutrition Facts



Properties

Glycemic Index:228.78, Glycemic Load:161.53, Inflammation Score:-10, Nutrition Score:61.599565298661%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg

Nutrients (% of daily need)

Calories: 2552.8kcal (127.64%), Fat: 143.82g (221.27%), Saturated Fat: 71.78g (448.6%), Carbohydrates: 236.5g (78.83%), Net Carbohydrates: 225.47g (81.99%), Sugar: 34.55g (38.39%), Cholesterol: 310.89mg (103.63%), Sodium: 4043.92mg (175.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.74g (157.47%), Selenium: 129.04µg (184.34%), Vitamin B1: 2.43mg (161.7%), Manganese: 2.94mg (147.05%), Calcium: 1373.72mg (137.37%), Folate: 539µg (134.75%), Vitamin B2: 2.11mg (123.84%), Vitamin B3: 22.23mg (111.16%), Phosphorus: 1074.64mg (107.46%), Iron: 18.36mg (101.98%), Vitamin A: 4585.26IU (91.71%), Copper: 1.47mg (73.44%), Vitamin K: 54.52µg (51.93%), Vitamin B5: 4.64mg (46.38%), Fiber: 11.04g (44.15%), Vitamin B6: 0.85mg (42.67%), Magnesium: 170.21mg (42.55%), Zinc: 6.35mg (42.32%), Vitamin E: 4.23mg (28.2%), Potassium: 924.29mg (26.41%), Vitamin B12: 0.88µg (14.64%), Vitamin C: 6.76mg (8.19%), Vitamin D: 0.63µg (4.2%)