



Goat Cheese Log with Muscadine Jelly

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

Ingredients

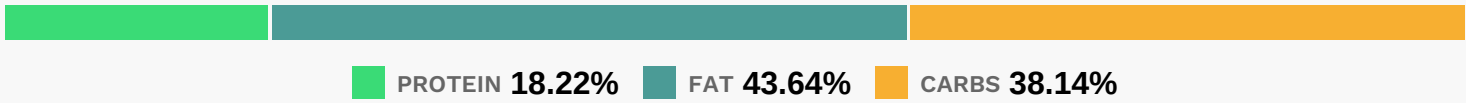
- ☐ 8 servings round buttery crackers assorted
- ☐ 10.5 oz goat cheese
- ☐ 8 servings jam
- ☐ 0.5 cup roasted salted chopped

Equipment

Directions

- ☐
- Press or roll goat cheese log in chopped pecans, thoroughly covering cheese. Arrange on a serving platter with any remaining pecans.
- ☐
- Serve with Muscadine Jelly and assorted crackers.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:7.46, Inflammation Score:-3, Nutrition Score:6.9173913675806%

Nutrients (% of daily need)

Calories: 252.07kcal (12.6%), Fat: 12.17g (18.73%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 23.35g (8.49%), Sugar: 11.33g (12.59%), Cholesterol: 26.43mg (8.81%), Sodium: 291.69mg (12.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.43g (22.87%), Phosphorus: 176mg (17.6%), Copper: 0.32mg (16.04%), Vitamin B2: 0.23mg (13.33%), Vitamin B1: 0.17mg (11.03%), Vitamin B6: 0.22mg (10.91%), Vitamin B3: 1.8mg (8.99%), Selenium: 6.27µg (8.96%), Iron: 1.6mg (8.89%), Vitamin K: 8.67µg (8.26%), Calcium: 81.47mg (8.15%), Vitamin A: 384.37IU (7.69%), Manganese: 0.13mg (6.63%), Zinc: 0.72mg (4.79%), Folate: 18.19µg (4.55%), Vitamin E: 0.67mg (4.46%), Vitamin B5: 0.43mg (4.26%), Magnesium: 13.64mg (3.41%), Potassium: 99.42mg (2.84%), Vitamin B12: 0.15µg (2.44%), Fiber: 0.59g (2.35%), Vitamin C: 1.76mg (2.13%), Vitamin D: 0.21µg (1.39%)