



## Goat Cheese Poppers with Honey

 Vegetarian

READY IN



23 min.

SERVINGS



10

CALORIES



204 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups canola oil
- 1 large eggs
- 0.3 cup flour all-purpose
- 1 tablespoon chives fresh minced
- 11 ounce log goat cheese soft at room temperature
- 1 tablespoon honey
- 0.7 cup panko bread crumbs (Japanese breadcrumbs)

0.3 teaspoon pepper dried red crushed

0.8 teaspoon sea salt

## Equipment

bowl

paper towels

sauce pan

whisk

slotted spoon

## Directions

Combine flour and black pepper in a small bowl.

Whisk together egg, 1/4 teaspoon sea salt, and 2 tablespoons water in a second small bowl.

Combine panko and remaining 1/2 teaspoon sea salt in another small bowl.

Roll goat cheese into 24 balls (about 1 tablespoon each).

Roll each goat cheese ball in flour mixture, dip in egg mixture, and dredge in panko mixture. Freeze 20 minutes or until firm.

Heat oil to 350 in a deep saucepan over medium-high heat. Fry goat cheese, in batches, 1 to 2 minutes or until golden and crisp on all sides.

Remove with a slotted spoon, and place on paper towels to drain.

Arrange goat cheese poppers on a platter, drizzle with honey, and sprinkle with chives and red pepper.

Serve immediately.

Sip: Andr Clouet Grande Reserve Brut, NV Grand Cru, 100% Pinot Noir (\$30): "If the lush cherry, strawberry, and cream are not enough to complement the goat cheese and spice from the black pepper and hot red pepper, the decadent, fruity finish should seal the deal." --Michael Velo, bubbly expert from the Carriage House Restaurant in Chicago

## Nutrition Facts

 **PROTEIN 14.4%**  **FAT 70.18%**  **CARBS 15.42%**

## Properties

Glycemic Index:25.83, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:5.1278261036977%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 204.39kcal (10.22%), Fat: 16.03g (24.67%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.58g (2.76%), Sugar: 2.29g (2.54%), Cholesterol: 32.94mg (10.98%), Sodium: 326.57mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.81%), Vitamin E: 2.65mg (17.64%), Copper: 0.25mg (12.56%), Vitamin B2: 0.18mg (10.58%), Phosphorus: 101.4mg (10.14%), Vitamin A: 377.57IU (7.55%), Selenium: 4.86µg (6.95%), Vitamin B1: 0.1mg (6.38%), Iron: 1.1mg (6.11%), Manganese: 0.11mg (5.73%), Calcium: 55.52mg (5.55%), Vitamin B6: 0.1mg (4.77%), Folate: 18.39µg (4.6%), Vitamin B5: 0.33mg (3.33%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.45mg (2.99%), Magnesium: 8.64mg (2.16%), Vitamin B12: 0.12µg (1.96%), Vitamin K: 1.71µg (1.63%), Vitamin D: 0.22µg (1.5%), Fiber: 0.35g (1.39%)