



Goat Cheese Spread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



263 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup basil pesto
- ☐ 16 ounce cream cheese softened
- ☐ 0.5 cup tomatoes dried drained chopped in oil
- ☐ 1 slices bread french
- ☐ 2 garlic cloves minced
- ☐ 8 ounces goat cheese
- ☐ 4 teaspoons 1/ oregano dried fresh chopped
- ☐ 0.1 teaspoon pepper freshly ground

☐ 12 servings garnishes: tomato slivers dried fresh

Equipment

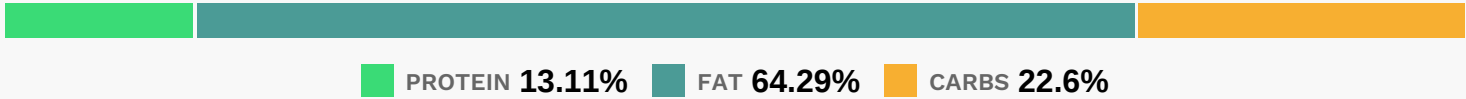
☐ food processor

☐ plastic wrap

Directions

- ☐ Process first 5 ingredients in a food processor until smooth.
- ☐ Spread one-third of cheese mixture in bottom of a plastic wrap-lined 8- x 4-inch loafpan. Top with pesto; spread one-third cheese mixture over pesto.
- ☐ Sprinkle with dried tomatoes; top with remaining cheese mixture. Cover and chill 8 hours.
- ☐ Invert spread onto a serving plate, discarding plastic wrap.
- ☐ Garnish, if desired.
- ☐ Serve with French bread slices or crackers.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:5.19, Inflammation Score:-9, Nutrition Score:13.17086951629%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 263.48kcal (13.17%), Fat: 19.56g (30.09%), Saturated Fat: 10.83g (67.69%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 12.24g (4.45%), Sugar: 8.49g (9.43%), Cholesterol: 47.28mg (15.76%), Sodium: 282.82mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.95%), Vitamin A: 2358IU (47.16%), Vitamin C: 26.63mg (32.28%), Vitamin K: 21.55µg (20.52%), Manganese: 0.39mg (19.25%), Potassium: 655.54mg (18.73%), Copper: 0.33mg (16.53%), Phosphorus: 155.73mg (15.57%), Vitamin B2: 0.24mg (14.25%), Fiber: 3.22g (12.89%), Vitamin B6: 0.25mg (12.33%), Folate: 43.95µg (10.99%), Calcium: 108.9mg (10.89%), Vitamin B1: 0.15mg (10.19%), Iron: 1.8mg (9.99%), Vitamin E: 1.47mg (9.77%), Magnesium: 38.78mg (9.7%), Vitamin B3: 1.89mg (9.46%), Selenium:

5.66µg (8.08%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.84mg (5.6%), Vitamin B12: 0.12µg (1.98%)