



Goat Cheese Spread

READY IN



45 min.

SERVINGS



72

CALORIES



57 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 72 melba rounds
- ☐ 3 ounce cream cheese softened
- ☐ 8 ounce cream cheese softened
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 11 ounces goat cheese softened
- ☐ 0.3 cup commercial pesto sauce
- ☐ 72 servings chunky tomato salsa

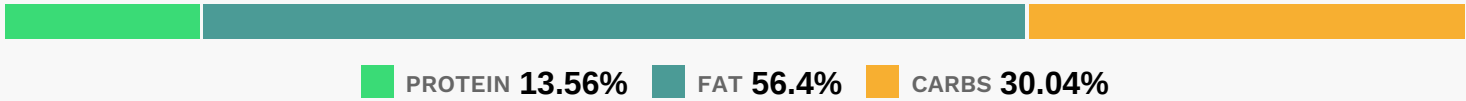
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Coat a 9-inch springform pan with cooking spray; set aside.
- ☐ Combine cheeses; beat at medium-high speed of an electric mixer until smooth.
- ☐ Add eggs, egg yolk, and pesto sauce; beat until well blended.
- ☐ Pour into prepared pan.
- ☐ Bake at 350 for 40 minutes or until a knife inserted in center comes out clean. Cool completely on a wire rack.
- ☐ Invert cheese mixture onto a serving platter, and top with Chunky Tomato Salsa. To serve, spread about 1 tablespoon cheese and salsa mixture on each Melba round.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.2886956593265%

Nutrients (% of daily need)

Calories: 56.52kcal (2.83%), Fat: 3.66g (5.63%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.73g (1.36%), Sugar: 1.7g (1.89%), Cholesterol: 13.68mg (4.56%), Sodium: 275.83mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin A: 284.07IU (5.68%), Phosphorus: 37.55mg (3.75%), Vitamin E: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.72%), Vitamin B2: 0.05mg (3.03%), Copper: 0.06mg (2.9%), Manganese: 0.06mg (2.88%), Vitamin K: 3.02µg (2.87%), Potassium: 94.93mg (2.71%), Vitamin B3: 0.53mg (2.64%), Fiber: 0.66g (2.64%), Calcium: 26.24mg (2.62%), Iron: 0.39mg (2.16%), Selenium: 1.43µg (2.05%),

Vitamin B1: 0.03mg (1.96%), Magnesium: 6.61mg (1.65%), Vitamin B5: 0.16mg (1.56%), Folate: 5.29µg (1.32%), Zinc: 0.17mg (1.1%)