



Goat Cheese Squares with Raspberry Chile Chutney

 Vegetarian

READY IN



205 min.

SERVINGS



6

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 chipotle chile in adobo sauce whole canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 inch ginger fresh minced peeled
- ☐ 3 cloves garlic minced
- ☐ 5.5 ounce log goat cheese at room temperature
- ☐ 0.5 cup honey

- ☐ 1 cup low-salt chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 1 sheet puff pastry frozen thawed half of a 17.3-ounce package
- ☐ 6 ounce raspberries) fresh
- ☐ 0.5 bell pepper red chopped
- ☐ 6 servings salt and pepper black freshly ground

Equipment

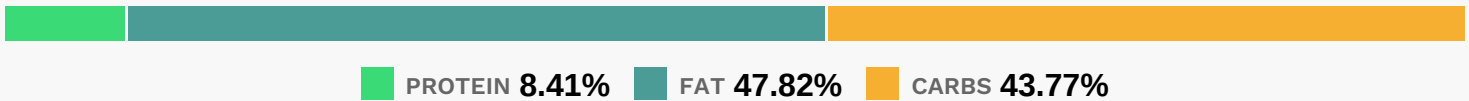
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ cookie cutter

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a large heavy saucepan over medium-high heat.
- ☐ Add the onion and cook until translucent, about 5 minutes.
- ☐ Add the garlic and cook for 30 seconds until aromatic.
- ☐ Add the chicken broth, bell pepper, honey, ginger, vinegar, and chipotle chile, and bring to a boil. Reduce the heat to medium-low and simmer until the sauce thickens, about 2 1/2 hours.
- ☐ Add the raspberries and cook, stirring occasionally, for 15 minutes.
- ☐ Remove the pan from the heat and let the chutney cool slightly. Stir in the cilantro and season with salt and black pepper, to taste. (Chutney can be prepared 3 days in advance. Cool and store in the refrigerator).
- ☐ Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

- ☐
- On a lightly floured surface, roll the puff pastry into a 12-inch square.
- ☐
- Cut the pastry into 2 to 3-inch squares.
- ☐
- Put the squares on the prepared baking sheet. Using a small cookie cutter score a circle in the center of each square or using a paring knife, score a 1/2-inch border around the edge of each square.
- ☐
- Bake the squares until puffed and golden, about 12 minutes.
- ☐
- Remove the scored, top section of the cooked pastry and fill with some of the goat cheese. Spoon a generous dollop of the chipotle-raspberry chutney on top of the goat cheese. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:57.05, Glycemic Load:23.22, Inflammation Score:-6, Nutrition Score:10.771739107111%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 437.87kcal (21.89%), Fat: 23.86g (36.71%), Saturated Fat: 8.14g (50.89%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 45.75g (16.64%), Sugar: 26.46g (29.4%), Cholesterol: 11.95mg (3.98%), Sodium: 212.83mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.89%), Vitamin C: 22.33mg (27.06%), Manganese: 0.53mg (26.73%), Selenium: 11.23µg (16.05%), Copper: 0.31mg (15.6%), Vitamin B2: 0.26mg (15.55%), Vitamin B1: 0.21mg (13.83%), Fiber: 3.38g (13.52%), Vitamin B3: 2.7mg (13.51%), Vitamin K: 13.47µg (12.83%), Vitamin A: 634.86IU (12.7%), Folate: 50.14µg (12.53%), Phosphorus: 123.84mg (12.38%), Iron: 2.16mg (12%), Vitamin B6:

0.17mg (8.62%), Vitamin E: 1.03mg (6.88%), Calcium: 60.07mg (6.01%), Magnesium: 22.51mg (5.63%), Potassium: 191.84mg (5.48%), Zinc: 0.76mg (5.07%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.09µg (1.48%)