



WHATSheATE



Goat Cheese with Chipotle and Roasted Red Pepper



Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 1 slices crusty baguette
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 small garlic clove pressed
- ☐ 11 ounce goat cheese fresh soft
- ☐ 2 teaspoons hot sauce
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 2 tablespoons pumpkin seeds salted toasted (pepitas)
- ☐ 1 cup roasted peppers red drained

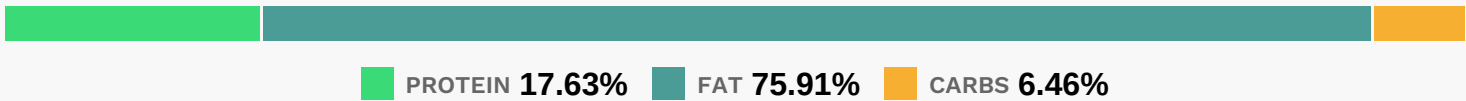
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Toast cumin seeds in small skillet over medium heat until fragrant, stirring often, about 2 minutes. Cool.
- ☐ Place goat cheese log on platter. Cover with sheet of plastic wrap. Press into large rectangle approximately 8 by 3 inches.
- ☐ Sprinkle with cumin, salt, and freshly ground black pepper.
- ☐ Mix roasted red peppers, olive oil, hot sauce, garlic, and chopped cilantro in small bowl. Spoon topping over goat cheese. Top with pumpkin seeds.
- ☐ Serve with toasted baguette slices or crackers.
- ☐ Per serving: 308 calories, 22 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:8.3678261197132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 255.71kcal (12.79%), Fat: 21.89g (33.68%), Saturated Fat: 9.15g (57.2%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.53g (1.28%), Sugar: 0.79g (0.88%), Cholesterol: 23.91mg (7.97%), Sodium: 580.26mg (25.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Copper: 0.47mg (23.41%), Phosphorus: 186.78mg (18.68%), Vitamin C: 12.27mg (14.88%), Manganese: 0.29mg (14.42%), Vitamin A: 710.18IU (14.2%), Vitamin B2: 0.23mg (13.56%), Iron: 1.95mg (10.84%), Vitamin E: 1.51mg (10.05%), Vitamin B6: 0.19mg (9.63%), Calcium: 94.12mg (9.41%), Vitamin K: 8.88µg (8.46%), Magnesium: 33.59mg (8.4%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.85mg (5.66%), Folate: 18.15µg (4.54%), Vitamin B5: 0.42mg (4.16%), Selenium: 2.85µg (4.07%), Vitamin B3: 0.79mg (3.95%), Potassium: 94.61mg (2.7%), Fiber: 0.66g (2.64%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.21µg (1.39%)