



Goat Cheese with Olives, Lemon, and Thyme



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce goat cheese fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup olives assorted
- ☐ 4 servings rosemary crisp
- ☐ 3 thyme sprigs fresh

Equipment

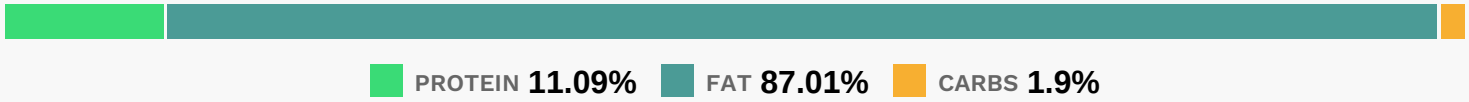
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Heat olives, thyme, oil, zest, and 1/4 teaspoon pepper in a small skillet or saucepan over low heat until fragrant (do not simmer). Cool to room temperature.
- ☐ Serve olive mixture over goat cheese.
- ☐ This dish can be prepared 2 hours ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:3.8821739295255%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 193.34kcal (9.67%), Fat: 19.09g (29.36%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.35g (0.39%), Cholesterol: 13.04mg (4.35%), Sodium: 367.92mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Vitamin E: 2.21mg (14.71%), Copper: 0.23mg (11.64%), Vitamin A: 398.05IU (7.96%), Phosphorus: 74.14mg (7.41%), Vitamin K: 7.07µg (6.73%), Vitamin B2: 0.11mg (6.65%), Calcium: 53.22mg (5.32%), Iron: 0.84mg (4.68%), Vitamin B6: 0.08mg (4.04%), Fiber: 0.73g (2.92%), Manganese: 0.04mg (2.16%), Vitamin B5: 0.2mg (2.01%), Magnesium: 7.85mg (1.96%), Vitamin C: 1.58mg (1.92%), Zinc: 0.28mg (1.9%), Vitamin B1: 0.02mg (1.63%), Selenium: 0.95µg (1.36%), Folate: 4.59µg (1.15%)