



Goat Cheese with Peppers and Almonds

READY IN



10 min.

SERVINGS



10

CALORIES



201 kcal

SIDE DISH

Ingredients

- 20 almonds
- 10 servings round buttery crackers
- 8 ounces goat cheese fresh (chevre)
- 3 tablespoons olive oil extra virgin extra-virgin for drizzling
- 1 tablespoon oregano fresh
- 5 pasilla peppers thinly sliced cut in half and

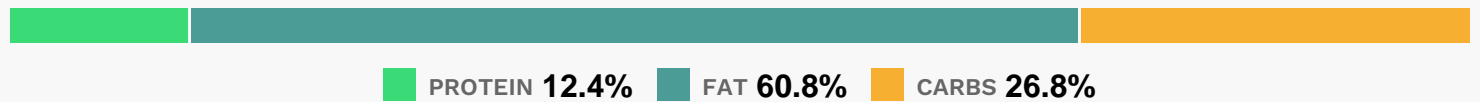
Equipment

- knife

Directions

- Slice cheese into rounds about 1/2 in. thick, dipping the knife into hot water between slices and wiping it clean. Arrange slices on a plate and sprinkle with peppers, almonds, and oregano leaves.
- Drizzle with olive oil and serve with crackers.
- *Find in the olive bar at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:9.5191304320874%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 200.53kcal (10.03%), Fat: 13.81g (21.25%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 11.86g (4.31%), Sugar: 3.04g (3.38%), Cholesterol: 10.43mg (3.48%), Sodium: 226.6mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin C: 47.85mg (58%), Vitamin K: 18.45µg (17.57%), Vitamin E: 2.03mg (13.52%), Manganese: 0.25mg (12.62%), Copper: 0.25mg (12.44%), Phosphorus: 124mg (12.4%), Vitamin B6: 0.21mg (10.38%), Vitamin B2: 0.17mg (10.04%), Vitamin A: 462.96IU (9.26%), Iron: 1.63mg (9.06%), Vitamin B1: 0.13mg (8.37%), Calcium: 75.75mg (7.57%), Fiber: 1.84g (7.37%), Vitamin B3: 1.26mg (6.3%), Folate: 22.26µg (5.56%), Magnesium: 19.37mg (4.84%), Potassium: 150.06mg (4.29%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.29mg (2.86%), Selenium: 1.48µg (2.11%)