



WHATSheATE



Goat Cheese with Piquillo Pepper Puree



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 5.5 ounces goat cheese fresh softened
- ☐ 0.3 cup piquillo peppers drained
- ☐ 1 ounce provolone cheese grated

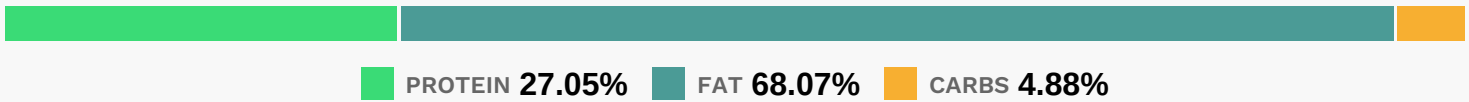
Equipment

- ☐ food processor

Directions

- ☐
- In a food processor, pulse the piquillo peppers and Asiago cheese until finely chopped.
- ☐
- Add the goat cheese and process until smooth.
- ☐
- Make Ahead: The puree can be refrigerated for up to 1 week.
- ☐
- Let return to room temperature before serving.
- ☐
- Serve With: Crudits or crackers or as a filling for omelets; or thin with a little water and toss with pasta or grilled vegetables.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:4.8721738820491%

Nutrients (% of daily need)

Calories: 135.18kcal (6.76%), Fat: 10.1g (15.54%), Saturated Fat: 6.89g (43.08%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.88g (0.98%), Cholesterol: 22.82mg (7.61%), Sodium: 249.19mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Copper: 0.29mg (14.36%), Vitamin C: 11.83mg (14.34%), Phosphorus: 134.94mg (13.49%), Vitamin A: 662.2IU (13.24%), Calcium: 108.15mg (10.82%), Vitamin B2: 0.17mg (10.05%), Iron: 1.13mg (6.29%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.59mg (3.92%), Selenium: 2.12µg (3.03%), Vitamin B5: 0.3mg (2.99%), Vitamin B12: 0.18µg (2.96%), Magnesium: 8.22mg (2.06%), Manganese: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.91%), Folate: 5.39µg (1.35%), Vitamin D: 0.19µg (1.28%)