



Grilled Grape Leaf-Wrapped Goat Cheese

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings top for serving
- ☐ 2 sprigs rosemary fresh
- ☐ 1.8 pound round piece goat cheese such as bucheron, at room temperature (or 2 smaller pieces, stacked)
- ☐ 6 to 8 grape leaves dry rinsed drained (sold in a jar)
- ☐ 6 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing
- ☐ 1 pinch pepper flakes red

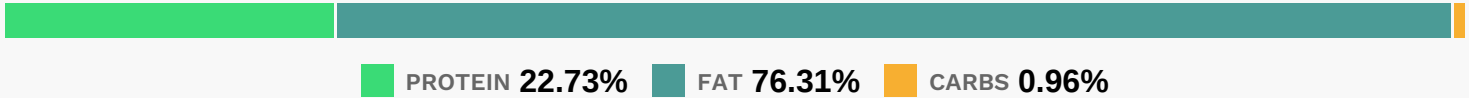
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen twine

Directions

- ☐ Preheat a grill to medium high. Wrap the grape leaves around the cheese to cover it completely; tie with kitchen twine.
- ☐ Brush the wrapped cheese with olive oil and grill, turning once, until the leaves begin to char and the cheese is soft, 5 to 8 minutes.
- ☐ Meanwhile, mix 1/4 cup olive oil, the rosemary, red pepper flakes and salt to taste in a bowl.
- ☐ Transfer the warm cheese to a serving plate, pour the oil on top and remove the twine.
- ☐ Serve with bread.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:12.926521629095%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 434.43kcal (21.72%), Fat: 36.98g (56.89%), Saturated Fat: 20.54g (128.38%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.69g (0.25%), Sugar: 1.41g (1.57%), Cholesterol: 60.86mg (20.29%), Sodium: 687.4mg (29.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Copper: 0.98mg (49.14%), Vitamin A: 2198.18IU (43.96%), Phosphorus: 342.53mg (34.25%), Vitamin B2: 0.52mg (30.46%), Calcium: 197mg (19.7%), Vitamin B6: 0.34mg (17.21%), Iron: 2.69mg (14.94%), Manganese: 0.22mg (11.21%), Vitamin E: 1.6mg (10.68%), Vitamin K: 11.08µg (10.55%), Vitamin B5: 0.91mg (9.1%), Zinc: 1.25mg (8.33%), Vitamin B1: 0.1mg (6.73%), Magnesium: 24.4mg (6.1%), Selenium: 4.02µg (5.74%), Folate: 19.64µg (4.91%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.53µg (3.53%),

Vitamin B3: 0.69mg (3.45%), Fiber: 0.36g (1.45%), Potassium: 44.41mg (1.27%)