



## Herb Cheese Log

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 slices crusty baguette
- 5.5 ounce goat cheese fresh (goat)
- 1 tablespoon basil fresh minced
- 1 tablespoon chives fresh minced
- 1 tablespoon cilantro leaves fresh minced
- 2 tablespoons olive oil extra virgin extra-virgin

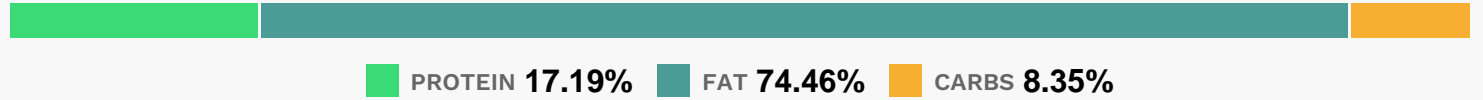
## Equipment

- plastic wrap

## Directions

- On a 12- by 15-inch piece of plastic wrap, mix chives, cilantro, and basil.
- Roll chvre in herb mixture to coat evenly. Set on a small rolled plate or serving dish and drizzie with olive oil.
- Serve with baguette slices.

## Nutrition Facts



## Properties

Glycemic Index:218.75, Glycemic Load:10.6, Inflammation Score:-8, Nutrition Score:19.306956405225%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 743.49kcal (37.17%), Fat: 61.78g (95.04%), Saturated Fat: 26.77g (167.31%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 14.8g (5.38%), Sugar: 2.95g (3.28%), Cholesterol: 71.72mg (23.91%), Sodium: 772.47mg (33.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.17%), Copper: 1.19mg (59.67%), Phosphorus: 432.61mg (43.26%), Vitamin B2: 0.7mg (41.23%), Vitamin A: 1873.76IU (37.48%), Vitamin K: 36.55µg (34.81%), Vitamin E: 4.44mg (29.59%), Calcium: 258.74mg (25.87%), Iron: 4.34mg (24.12%), Vitamin B6: 0.43mg (21.55%), Vitamin B1: 0.3mg (19.91%), Manganese: 0.34mg (17.01%), Folate: 57.71µg (14.43%), Selenium: 9.91µg (14.15%), Vitamin B5: 1.2mg (11.97%), Zinc: 1.72mg (11.48%), Vitamin B3: 2.17mg (10.83%), Magnesium: 35.91mg (8.98%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.62µg (4.16%), Fiber: 0.79g (3.16%), Potassium: 97.36mg (2.78%), Vitamin C: 2.21mg (2.68%)