



Herb Coated Goat Cheese

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 18 inch baguette
- ☐ 2 teaspoons rosemary leaves fresh finely chopped
- ☐ 2.5 teaspoons thyme leaves fresh finely chopped
- ☐ 11 ounce log goat cheese fresh soft
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 tablespoons meyer lemon olive oil extra-virgin
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons parsley leaves fresh italian finely chopped

- ☐ 1 teaspoon coarsely cracked pepper black
- ☐ 0.3 teaspoon salt
- ☐ 10 servings herb sprigs fresh for garnish

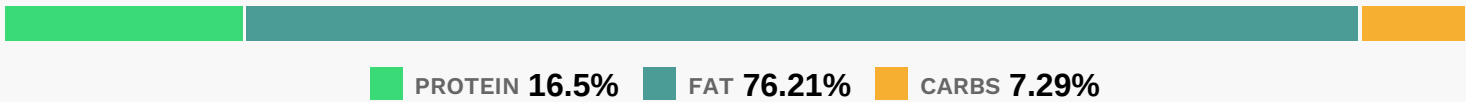
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Arrange the bread slices on 2 heavy baking sheets.
- ☐ Drizzle 3 tablespoons of olive oil over the bread slices.
- ☐ Bake until the crostini are pale golden and crisp, about 10 minutes.
- ☐ Meanwhile, stir the herbs, lemon zest, pepper, and salt in a medium bowl to blend. Using about 2 teaspoons of cheese for each, form the goat cheese into 1-inch diameter balls.
- ☐ Roll the cheese balls in the herb mixture to coat completely. Arrange the cheese balls on a platter.
- ☐ Drizzle the extra-virgin olive oil over and around the cheese balls.
- ☐ Serve with the crostini.
- ☐ Garnish with herb sprigs.
- ☐ The crostini and cheese balls can be prepared 1 day ahead. Store the crostini in an airtight container at room temperature. Cover and refrigerate the cheese balls.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:1.62, Inflammation Score:-9, Nutrition Score:5.1521739804226%

Flavonoids

Apigenin: 2.63mg, Apigenin: 2.63mg, Apigenin: 2.63mg, Apigenin: 2.63mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

Nutrients (% of daily need)

Calories: 152.43kcal (7.62%), Fat: 13.04g (20.06%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.51g (0.57%), Cholesterol: 14.34mg (4.78%), Sodium: 202.14mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin K: 24.5µg (23.33%), Copper: 0.25mg (12.34%), Vitamin A: 496.27IU (9.93%), Phosphorus: 86.81mg (8.68%), Vitamin B2: 0.14mg (8.35%), Vitamin E: 0.99mg (6.59%), Iron: 1.14mg (6.36%), Calcium: 57.51mg (5.75%), Manganese: 0.11mg (5.3%), Vitamin C: 4.26mg (5.16%), Vitamin B6: 0.09mg (4.5%), Vitamin B1: 0.05mg (3.37%), Folate: 11.22µg (2.8%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.37mg (2.44%), Magnesium: 9.57mg (2.39%), Selenium: 1.67µg (2.39%), Vitamin B3: 0.39mg (1.94%), Fiber: 0.42g (1.68%)