



## Herb Goat Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

### Ingredients

- 1 tablespoon parsley fresh chopped
- 4 oz goat cheese log
- 1 teaspoon penzey's southwest seasoning dried italian

### Equipment

- bowl
- plastic wrap

## Directions

- Combine parsley and Italian seasoning in a small bowl; sprinkle onto a piece of plastic wrap. Gently roll goat cheese log in parsley mixture. Wrap in plastic wrap; chill until ready to serve.

## Nutrition Facts

**PROTEIN 27.67%** **FAT 70.21%** **CARBS 2.12%**

## Properties

Glycemic Index:6.17, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.4186956416006%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

## Nutrients (% of daily need)

Calories: 51.02kcal (2.55%), Fat: 4g (6.16%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.19g (0.21%), Cholesterol: 8.69mg (2.9%), Sodium: 70.01mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin K: 13.35µg (12.71%), Copper: 0.14mg (7.07%), Vitamin A: 257.06IU (5.14%), Phosphorus: 49.26mg (4.93%), Vitamin B2: 0.07mg (4.37%), Calcium: 32.7mg (3.27%), Iron: 0.52mg (2.91%), Vitamin B6: 0.05mg (2.57%), Manganese: 0.04mg (1.83%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.19mg (1.27%), Vitamin C: 0.89mg (1.08%), Magnesium: 4.26mg (1.06%), Folate: 4.07µg (1.02%)