



Herbed Cheese Log

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- 1 tablespoon basil leaves fresh minced
- 1 tablespoon chives fresh minced
- 1 tablespoon cilantro leaves fresh minced (coriander)
- 5.5 oz log goat cheese fresh
- 2 tablespoons olive oil extra-virgin

Equipment

- plastic wrap

Directions

- On a 12- by 15-in. piece of plastic wrap, mix herbs.
- Roll cheese in herb mixture to coat evenly. Set on a small rimmed plate or serving dish and drizzle with oil.
- Serve with baguette toasts.

Nutrition Facts

PROTEIN 17.47% **FAT 82.41%** **CARBS 0.12%**

Properties

Glycemic Index:18.38, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.0013043328148%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 82.58kcal (4.13%), Fat: 7.61g (11.71%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 0.02g (0.01%), Net Carbohydrates: 0.01g (0%), Sugar: 0.18g (0.2%), Cholesterol: 8.97mg (2.99%), Sodium: 71.84mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Copper: 0.14mg (7.22%), Phosphorus: 50.28mg (5.03%), Vitamin A: 234.22IU (4.68%), Vitamin B2: 0.07mg (4.4%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.54mg (3.62%), Calcium: 28.14mg (2.81%), Vitamin B6: 0.05mg (2.49%), Iron: 0.4mg (2.25%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.18mg (1.22%), Manganese: 0.02mg (1.2%)