



Herbed Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 8 ounce baguette french toasted cut into 16 slices,
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 ounce goat cheese
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.3 teaspoon salt

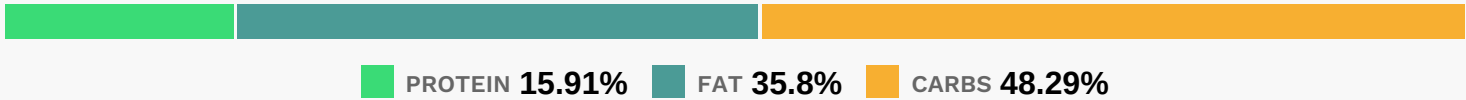
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a small bowl, stirring well. Coat cheese evenly with basil mixture, pressing gently to adhere. Cover and refrigerate at least 2 hours.
- ☐ Serve cheese with baguette slices.
- ☐ Wine note: This menu boasts bright, acidic flavors and fresh herbs in both the Herbed Goat Cheese and the Lemon-Parsley Pesto, so you'll want a high-acid white that won't go flat against these zippy flavors. Try a Vermentino, made from an Italian grape of the same name found in Liguria and Tuscany. Campo al Mare Vermentino 2005 (\$1
- ☐ has melon and peach flavors delicate enough for goat cheese with an herbal, sagelike edge of its own. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:9.45, Inflammation Score:-6, Nutrition Score:4.922173914702%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 120.73kcal (6.04%), Fat: 4.81g (7.4%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 13.7g (4.98%), Sugar: 1.56g (1.73%), Cholesterol: 4.89mg (1.63%), Sodium: 287.39mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Vitamin B1: 0.18mg (11.75%), Manganese: 0.2mg (9.99%), Vitamin K: 9.47µg (9.02%), Folate: 34.29µg (8.57%), Vitamin B2: 0.14mg (8.03%), Iron: 1.43mg (7.94%), Selenium: 5.31µg (7.59%), Vitamin B3: 1.38mg (6.88%), Copper: 0.12mg (6.15%), Phosphorus: 57.02mg (5.7%),

Calcium: 56.66mg (5.67%), Vitamin B6: 0.07mg (3.72%), Fiber: 0.89g (3.57%), Vitamin A: 171.83IU (3.44%), Vitamin E: 0.46mg (3.07%), Magnesium: 11.62mg (2.91%), Vitamin C: 2.2mg (2.67%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.2mg (1.97%), Potassium: 55.3mg (1.58%)