



Herbed Goat Cheese Bites



Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz bread french cut into 1/4-inch-thick slices
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon flat parsley fresh
- ☐ 0.5 cup basil fresh loosely packed
- ☐ 1 tablespoon mint leaves fresh
- ☐ 1 tablespoon parsley fresh
- ☐ 1 tablespoon tarragon fresh
- ☐ 8 oz goat cheese

☐ 0.5 cup sun-dried tomatoes drained chopped in oil

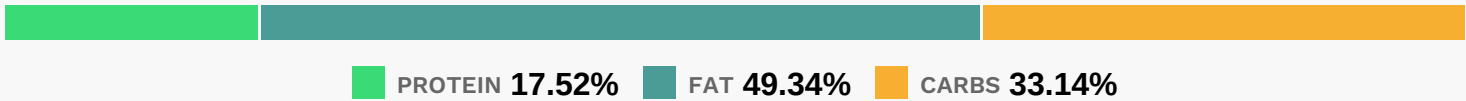
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ muffin liners

Directions

- ☐ Combine and finely chop first 4 ingredients.
- ☐ Roll cheese log evenly in herb mixture; wrap in plastic wrap. Chill at least 2 hours or up to 24 hours.
- ☐ Preheat oven to 35
- ☐ Drizzle baguette slices with olive oil. Gently press slices into 24 muffin cups in muffin pans.
- ☐ Bake at 350 for 7 to 9 minutes or until crisp and lightly browned.
- ☐ Remove from oven; let cool in pans 5 minutes.
- ☐ Spread goat cheese into baguette cups; top with sun-dried tomatoes and basil leaves.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:2.9508695712556%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 64.4kcal (3.22%), Fat: 3.59g (5.52%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 5.04g (1.83%), Sugar: 0.5g (0.56%), Cholesterol: 4.17mg (1.39%), Sodium: 94.31mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin K: 8.14µg (7.75%), Vitamin B2: 0.09mg (5.09%),

Vitamin B1: 0.08mg (5.09%), Manganese: 0.1mg (4.88%), Copper: 0.1mg (4.77%), Selenium: 2.93µg (4.18%), Iron: 0.73mg (4.04%), Vitamin A: 194.54IU (3.89%), Phosphorus: 37.28mg (3.73%), Folate: 14.56µg (3.64%), Vitamin C: 2.96mg (3.58%), Vitamin B3: 0.59mg (2.97%), Vitamin B6: 0.05mg (2.37%), Calcium: 23.43mg (2.34%), Magnesium: 7.74mg (1.93%), Potassium: 60.2mg (1.72%), Fiber: 0.38g (1.53%), Zinc: 0.22mg (1.44%), Vitamin E: 0.2mg (1.35%), Vitamin B5: 0.11mg (1.05%)