



Herbed Goat Cheese-Melon Party Bites

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 12 servings garnishes: basil and pepper fresh freshly ground
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 oz goat cheese log softened
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 small watermelon

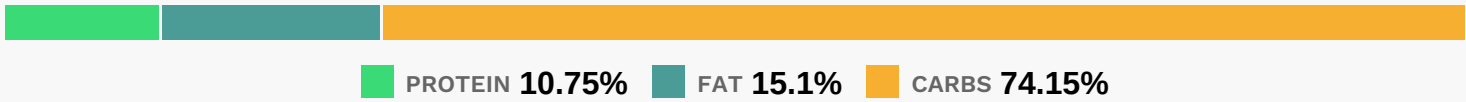
Equipment

- ☐ melon baller

Directions

- ☐ Cut half of watermelon into 1-inch-thick slices.
- ☐ Cut slices into 25 rounds, using a 2-inch round cutter. Scoop just enough melon from tops to form indentations, using a melon baller. Stir together goat cheese, 2 Tbsp. chopped fresh basil, salt, and 1/4 tsp. freshly ground pepper. Spoon into indentations. Chill 1 to 2 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:20.04, Inflammation Score:-9, Nutrition Score:9.1604349120803%

Flavonoids

Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg

Nutrients (% of daily need)

Calories: 138.09kcal (6.9%), Fat: 2.57g (3.96%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 26.85g (9.76%), Sugar: 23.34g (25.93%), Cholesterol: 4.35mg (1.45%), Sodium: 135.52mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin A: 2354.68IU (47.09%), Vitamin C: 30.8mg (37.33%), Potassium: 429.91mg (12.28%), Copper: 0.24mg (11.81%), Magnesium: 40.58mg (10.14%), Vitamin K: 10.3µg (9.81%), Vitamin B6: 0.2mg (9.81%), Manganese: 0.18mg (9.22%), Vitamin B5: 0.9mg (8.98%), Vitamin B1: 0.13mg (8.75%), Vitamin B2: 0.12mg (6.85%), Phosphorus: 66.81mg (6.68%), Iron: 1.16mg (6.44%), Fiber: 1.55g (6.19%), Calcium: 43.85mg (4.39%), Vitamin B3: 0.73mg (3.65%), Folate: 13.98µg (3.49%), Zinc: 0.48mg (3.21%), Selenium: 1.77µg (2.53%), Vitamin E: 0.22mg (1.49%)