



## Herbed Goat Cheese Spread



Vegetarian

READY IN

ready

65 min.

SERVINGS

servings

10

CALORIES

calories

128 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 10 servings flatbread crisps – herb italian keebler® town house®
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 clove garlic peeled quartered
- ☐ 2 tablespoons green onion sliced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 tablespoon olive oil

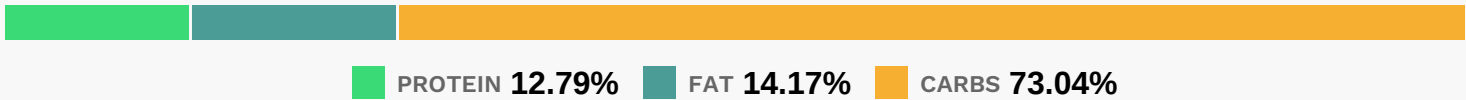
## Equipment

- ☐ food processor
- ☐ bowl

## Directions

- ☐ In food processor bowl combine chevre, yogurt, olive oil, onion, thyme, pepper and garlic. Cover and process until smooth.
- ☐ Transfer to serving bowl. Cover and refrigerate at least 1 hour.
- ☐ Garnish with fresh thyme, if desired.
- ☐ Serve with KEEBLER TOWN HOUSE FLATBREAD CRISPS crackers.

## Nutrition Facts



## Properties

Glycemic Index:23.6, Glycemic Load:20.84, Inflammation Score:-6, Nutrition Score:3.0560869315396%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 127.9kcal (6.39%), Fat: 1.99g (3.06%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 22.07g (8.03%), Sugar: 0.46g (0.51%), Cholesterol: 0.37mg (0.12%), Sodium: 219.03mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Manganese: 0.22mg (10.9%), Vitamin B1: 0.11mg (7.41%), Calcium: 50.09mg (5.01%), Phosphorus: 49.34mg (4.93%), Vitamin B3: 0.89mg (4.43%), Fiber: 1.03g (4.11%), Iron: 0.72mg (4.01%), Copper: 0.07mg (3.72%), Vitamin B2: 0.06mg (3.33%), Vitamin K: 3.43µg (3.26%), Magnesium: 12.96mg (3.24%), Folate: 11.37µg (2.84%), Zinc: 0.41mg (2.75%), Potassium: 71.79mg (2.05%), Vitamin B5: 0.2mg (2.01%), Vitamin C: 1.49mg (1.8%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.02mg (1.18%)