



Herby Goat Cheese Ball

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 crusty baguette sliced into 1/4-inch rounds
- 0.3 cup herbs: rosemary fresh chopped
- 1 small clove garlic grated to taste (,)
- 9 ounces goat cheese fresh room temperature
- 6 servings salt and pepper to taste

Equipment

- bowl
- plastic wrap

ramekin

Directions

- Spray a ramekin with nonstick spray, and line it with plastic wrap. Smooth the goat cheese into the ramekin, pressing down to form it to the shape of the little bowl. Cover with plastic wrap, and refrigerate 1 hour.
- Mix the herbs, garlic, salt and pepper. Unmold the cheese, and press the herb mixture so it sticks on all sides of the cheese. Set the herbed cheese on a plate, and scatter the multigrain baguette slices all around. Allow to come to room temperature for 15 minutes, and serve.

Nutrition Facts



Properties

Glycemic Index:22.29, Glycemic Load:6.95, Inflammation Score:-5, Nutrition Score:8.7065217494965%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 168.17kcal (8.41%), Fat: 9.56g (14.71%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.84g (3.58%), Sugar: 1.39g (1.54%), Cholesterol: 19.56mg (6.52%), Sodium: 480.98mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin K: 56.07µg (53.4%), Copper: 0.34mg (17.15%), Vitamin A: 720.12IU (14.4%), Vitamin B2: 0.23mg (13.66%), Phosphorus: 131.35mg (13.14%), Vitamin B1: 0.15mg (10.33%), Iron: 1.74mg (9.69%), Calcium: 87.03mg (8.7%), Folate: 32.48µg (8.12%), Manganese: 0.15mg (7.67%), Selenium: 4.85µg (6.93%), Vitamin B6: 0.14mg (6.86%), Vitamin B3: 1.18mg (5.88%), Vitamin C: 4.59mg (5.56%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.38mg (3.84%), Magnesium: 14.02mg (3.5%), Fiber: 0.56g (2.23%), Potassium: 57.4mg (1.64%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%), Vitamin E: 0.16mg (1.08%)