



## Holiday Terrine

READY IN



45 min.

SERVINGS



14

CALORIES



147 kcal

SIDE DISH

## Ingredients

- 0.3 cup commercial basil pesto (such as Buitoni)
- 8 ounce block softened
- 2 tablespoons milk fat-free
- 2 ounces goat cheese crumbled
- 3 tablespoons kalamata olives pitted finely chopped
- 3 tablespoons pimiento-stuffed olives finely chopped
- 0.3 cup oil-packed sun-dried tomato halves (dry with a paper towel) drained finely chopped
- 6 ounce round buttery crackers whole-wheat such as health valley

## Equipment

- bowl
- frying pan
- plastic wrap
- loaf pan
- spatula

## Directions

- Line a 5- x 3-inch mini-loaf pan with clear or colored plastic wrap, allowing extra wrap to extend over the edges of the pan so that you can seal the top when done. In a medium bowl, combine cream cheese, goat cheese, and milk; mix well.
- Spread pesto in bottom of plastic wrap-lined pan.
- Spread half of cheese mixture over pesto.
- Combine the olives; spread over cheese mixture, pressing down with back of a spoon or spatula. Spoon remaining cheese mixture over olives; spread to an even layer with a spatula. Spoon sun-dried tomatoes evenly over cheese mixture, pressing down with back of a spoon or spatula.
- Bring edges of plastic wrap up over terrine; seal tightly. Refrigerate at least 4 hours or up to 24 hours to set.
- To serve, unmold terrine onto a plate or platter; surround with wheat crackers. Terrine can be stored in the refrigerator up to 3 days after making.

## Nutrition Facts



**PROTEIN 9.56%** **FAT 61.4%** **CARBS 29.04%**

## Properties

Glycemic Index:6.45, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:4.1060869965864%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 147.18kcal (7.36%), Fat: 10.37g (15.95%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 9.35g (3.4%), Sugar: 1.8g (2%), Cholesterol: 18.64mg (6.21%), Sodium: 249.18mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.3mg (15.18%), Phosphorus: 77.34mg (7.73%), Vitamin A: 383.69IU (7.67%), Fiber: 1.68g (6.71%), Copper: 0.12mg (5.78%), Magnesium: 19.92mg (4.98%), Vitamin K: 4.61µg (4.39%), Selenium: 2.92µg (4.16%), Iron: 0.72mg (4.01%), Vitamin B2: 0.07mg (3.99%), Calcium: 39.66mg (3.97%), Vitamin B3: 0.78mg (3.92%), Potassium: 136.75mg (3.91%), Zinc: 0.49mg (3.25%), Vitamin E: 0.45mg (2.99%), Vitamin B1: 0.04mg (2.73%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.05mg (2.53%), Folate: 6.83µg (1.71%)