



Honey-Peppered Goat Cheese with Fig Balsamic Drizzle

READY IN



8 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 8 servings balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 11 oz logs goat cheese fresh
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil
- ☐ 8 servings garnish: thyme fresh
- ☐ 8 servings lahvosh

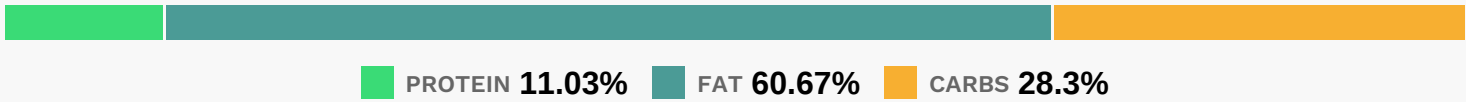
Equipment

☐ knife

Directions

- ☐ Using a sharp knife, carefully slice goat cheese in 1/2"-thick slices.
- ☐ Place cheese in an 11" x 7" dish or other serving platter.
- ☐ Drizzle with oil.
- ☐ Combine honey and pepper; drizzle over cheese.
- ☐ Sprinkle with 1 tsp. thyme leaves. Cover and chill up to 2 days.
- ☐ Remove cheese from refrigerator 1 hour before serving. Just before serving, drizzle a little vinegar over cheese.
- ☐ Garnish, if desired.
- ☐ Serve with lahvosh or other specialty cracker bread.
- ☐ *Find fig balsamic vinegar at Williams-Sonoma or other cook stores.

Nutrition Facts



Properties

Glycemic Index:28.03, Glycemic Load:5.99, Inflammation Score:-8, Nutrition Score:6.5634782728942%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg

Nutrients (% of daily need)

Calories: 309.05kcal (15.45%), Fat: 20.96g (32.24%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 21.41g (7.78%), Sugar: 12.74g (14.16%), Cholesterol: 17.93mg (5.98%), Sodium: 288.99mg (12.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Copper: 0.32mg (16.09%), Phosphorus: 148.46mg (14.85%), Vitamin K: 14.32µg (13.64%), Vitamin E: 1.93mg (12.84%), Vitamin B2: 0.2mg (11.8%), Iron: 1.9mg (10.53%), Manganese: 0.19mg (9.61%), Vitamin A: 462.74IU (9.25%), Calcium: 89.87mg (8.99%), Vitamin B1: 0.1mg (6.58%), Vitamin B6: 0.11mg (5.72%), Vitamin B3: 0.99mg (4.93%), Folate: 16.99µg (4.25%), Zinc: 0.52mg (3.44%),

Magnesium: 13.62mg (3.41%), Vitamin B5: 0.34mg (3.38%), Selenium: 1.92µg (2.74%), Vitamin C: 2.05mg (2.49%),
Fiber: 0.6g (2.38%), Potassium: 61.97mg (1.77%), Vitamin B12: 0.07µg (1.23%), Vitamin D: 0.16µg (1.04%)