



Lemony Garlic Feta Cheese



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces feta cheese cubed
- ☐ 3 garlic cloves smashed
- ☐ 4 slices optional: lemon
- ☐ 1 cup olive oil
- ☐ 0.5 cup castelvetrano olives
- ☐ 8 small thyme sprigs fresh

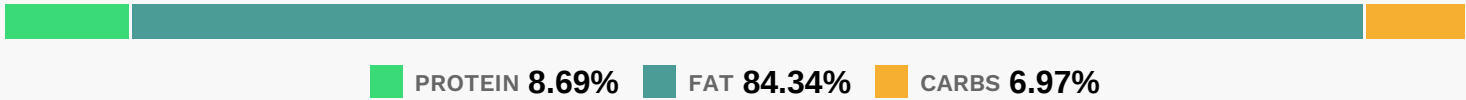
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil and smashed garlic cloves in a saucepan over medium-low heat 2 to 3 minutes or until garlic starts to bubble.
- ☐ Remove from heat, and cool completely.
- ☐ Layer 2 oz. feta cheese, 2 lemon slices, 4 thyme sprigs, and 1/4 cup olives in 1 (1-pt.) jar. Repeat layers once.
- ☐ Pour oil-garlic mixture into jar.
- ☐ Add additional oil to fill jar. Cover and chill 24 hours before serving. Store in refrigerator up to 3 days.
- ☐ PACKAGE IN: Glass Canisters with Wood Lids (\$95/set of 3; williams-sonoma.com)

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:1.6139130585867%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 53.99kcal (2.7%), Fat: 5.21g (8.02%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.08g (0.09%), Cholesterol: 6.73mg (2.24%), Sodium: 156.63mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Calcium: 43.37mg (4.34%), Vitamin E: 0.6mg (4.02%), Vitamin B2: 0.07mg (3.98%), Phosphorus: 27.44mg (2.74%), Vitamin C: 2.03mg (2.46%), Vitamin B6: 0.04mg (2.21%), Vitamin B12: 0.13µg (2.13%), Vitamin K: 1.94µg (1.85%), Selenium: 1.27µg (1.81%), Zinc: 0.24mg (1.58%), Vitamin A: 75.39IU (1.51%), Fiber: 0.29g (1.15%), Iron: 0.2mg (1.12%), Manganese: 0.02mg (1.09%)