



Marinated Feta Cheese

 Vegetarian  Gluten Free

READY IN



1460 min.

SERVINGS



16

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup capers drained
- 16 oz feta cheese cut into 1/2-inch cubes
- 4 sprigs thyme sprigs fresh (4 inches)
- 4 strips lemon zest (3 inches)
- 0.8 cup olive oil
- 1 teaspoon pepper red crushed
- 8.5 oz sun-dried tomatoes undrained in oil
- 0.3 cup citrus champagne vinegar

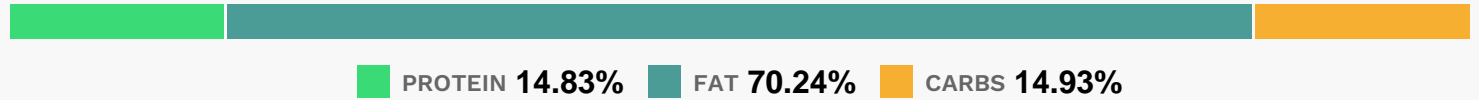
Equipment

bowl

Directions

- In medium bowl, mix cheese, tomatoes, oil, vinegar, capers and pepper flakes until blended. Divide mixture evenly among 4 (half-pint) jars with tight-fitting lids.
- Add 1 sprig thyme and 1 strip lemon peel to each jar.
- Cover; refrigerate at least 24 hours before serving.
- Serve at room temperature. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:6.6543478447458%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 127.17kcal (6.36%), Fat: 10.29g (15.83%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.03g (0.03%), Cholesterol: 25.23mg (8.41%), Sodium: 441.39mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin C: 16.19mg (19.63%), Vitamin B2: 0.3mg (17.84%), Calcium: 149.94mg (14.99%), Phosphorus: 117.71mg (11.77%), Vitamin B6: 0.17mg (8.64%), Vitamin B12: 0.48µg (7.99%), Potassium: 260.21mg (7.43%), Vitamin A: 366.15IU (7.32%), Selenium: 4.76µg (6.81%), Zinc: 0.95mg (6.36%), Vitamin B1: 0.07mg (4.92%), Magnesium: 19.26mg (4.82%), Copper: 0.09mg (4.69%), Manganese: 0.09mg (4.42%), Vitamin B3: 0.87mg (4.33%), Fiber: 1.07g (4.26%), Iron: 0.73mg (4.05%), Vitamin B5: 0.35mg (3.5%), Folate: 13.34µg (3.34%), Vitamin E: 0.41mg (2.77%), Vitamin K: 2.53µg (2.41%)