



Marinated Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 inch bread baguette french italian cut
- 0.5 teaspoon pepper red crushed
- 1 tablespoon basil fresh chopped
- 2 tablespoons rosemary fresh chopped
- 3 garlic cloves minced
- 8 ounce goat cheese cut into 8 slices
- 2 teaspoons lemon rind fresh grated

- 0.3 cup olive oil
- 0.3 cup sun-dried tomatoes packed chopped (12 tomatoes)

Equipment

- bowl
- baking pan

Directions

- Combine tomatoes and oil in a small bowl; let stand 10 minutes.
- Add rosemary and next 5 ingredients; stir well.
- Place cheese slices in an 8-inch square baking dish; pour marinade over cheese. Cover and marinate at least 4 hours.
- Serve with baguette slices.

Nutrition Facts

PROTEIN 15.71% **FAT 74.43%** **CARBS 9.86%**

Properties

Glycemic Index:13.79, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.4860869568327%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.55kcal (3.83%), Fat: 6.49g (9.98%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.05g (1.16%), Cholesterol: 6.52mg (2.17%), Sodium: 58.9mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Copper: 0.14mg (7.09%), Phosphorus: 46.68mg (4.67%), Manganese: 0.09mg (4.32%), Vitamin B2: 0.07mg (4.04%), Vitamin A: 199.42IU (3.99%), Vitamin K: 4µg (3.81%), Vitamin E: 0.54mg (3.6%), Iron: 0.57mg (3.16%), Vitamin B6: 0.05mg (2.68%), Calcium: 26.04mg (2.6%), Potassium: 89.96mg (2.57%), Magnesium: 7.66mg (1.91%), Vitamin C: 1.48mg (1.79%), Vitamin B1: 0.03mg (1.75%), Fiber: 0.42g (1.68%), Vitamin B3: 0.32mg (1.6%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.2mg (1.31%), Selenium: 0.8µg (1.15%), Folate: 4.23µg (1.06%)