



Mediterranean Spiced Cucumber Medallions



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 0.3 bell pepper and red seeded chopped for garnish
- ☐ 1 cucumber english sliced into 1/2-inch rounds
- ☐ 1 garlic clove minced
- ☐ 4 ounces chevre goat cheese room temperature
- ☐ 0.3 cup greek yogurt
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 1 lemon zest

- ☐ 2 teaspoons mint leaves chopped
- ☐ 1 teaspoon mediterranean oregano dried

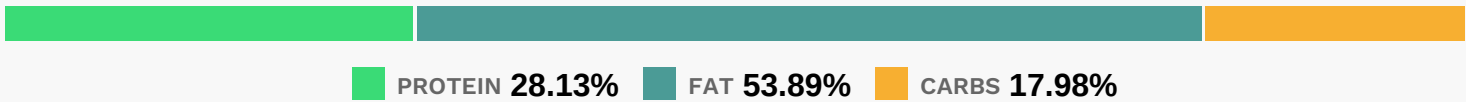
Equipment

- ☐ food processor
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the goat cheese, yogurt, 1/4 red bell pepper, lemon zest, garlic, salt, pepper, oregano, and the mint in a food processor and puree until smooth.
- ☐ Transfer the goat cheese mixture to a resealable plastic bag and cut a small hole in the corner.
- ☐ Lay out the cucumber circles and squeeze a little of the goat cheese mixture out of the bag on top of each circle. Thinly slice the remaining 1/4 red bell pepper and garnish each cucumber with 1 slice of the pepper. Arrange them on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:4.2778260500535%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 66.31kcal (3.32%), Fat: 4.11g (6.32%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.55g (1.72%), Cholesterol: 9.11mg (3.04%), Sodium: 461.6mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin C: 9.21mg (11.16%), Vitamin K: 11.14µg (10.61%), Copper: 0.17mg (8.41%), Vitamin A: 411.86IU (8.24%), Phosphorus: 74.67mg (7.47%), Vitamin B2: 0.12mg

(7.03%), Manganese: 0.11mg (5.62%), Calcium: 52.68mg (5.27%), Vitamin B6: 0.1mg (4.95%), Iron: 0.69mg (3.81%), Potassium: 110.92mg (3.17%), Vitamin B5: 0.31mg (3.13%), Magnesium: 12.53mg (3.13%), Fiber: 0.66g (2.63%), Folate: 9.63µg (2.41%), Zinc: 0.35mg (2.34%), Selenium: 1.61µg (2.3%), Vitamin B1: 0.03mg (2.24%), Vitamin B12: 0.09µg (1.57%), Vitamin E: 0.19mg (1.29%), Vitamin B3: 0.22mg (1.11%)