



Mock Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese softened
- 8 ounce feta cheese crumbled
- 2 teaspoons parsley fresh minced
- 1 tablespoon coarsely ground pepper
- 1 serving garnishes: parsley fresh

Equipment

- food processor
- blender

plastic wrap

hand mixer

Directions

Beat first 3 ingredients at medium speed with an electric mixer until smooth. Shape into a 10- x 2-inch log; coat with pepper. Wrap in plastic wrap; freeze 15 minutes.

Serve with crackers or garlic toast.

Garnish, if desired.

*Dried Tomato Mock Goat Cheese: omit pepper, roll log in 1/4 cup drained and chopped ried tomato in oil.

NOTE: A food processor may be used instead of a mixer.

Nutrition Facts


 **PROTEIN 13.1%**  **FAT 79.8%**  **CARBS 7.1%**

Properties

Glycemic Index:150, Glycemic Load:6.54, Inflammation Score:-10, Nutrition Score:42.019565146902%

Flavonoids

Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1411.37kcal (70.57%), Fat: 127.01g (195.4%), Saturated Fat: 76.07g (475.41%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 23.77g (8.64%), Sugar: 8.6g (9.56%), Cholesterol: 430.91mg (143.64%), Sodium: 3301.17mg (143.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.9g (93.8%), Vitamin B2: 2.45mg (144.16%), Calcium: 1370.47mg (137.05%), Phosphorus: 1018.89mg (101.89%), Vitamin A: 4389.58IU (87.79%), Vitamin K: 87.55µg (83.38%), Selenium: 53.82µg (76.89%), Vitamin B12: 4.33µg (72.2%), Vitamin B6: 1.11mg (55.49%), Zinc: 7.78mg (51.88%), Manganese: 0.86mg (43.02%), Vitamin B5: 3.59mg (35.87%), Vitamin B1: 0.41mg (27.43%), Folate: 100.39µg (25.1%), Magnesium: 75.86mg (18.97%), Vitamin E: 2.45mg (16.35%), Potassium: 542.99mg (15.51%), Iron: 2.57mg (14.26%), Vitamin B3: 2.58mg (12.89%), Copper: 0.2mg (9.97%), Vitamin C: 5.59mg (6.77%), Fiber: 1.66g (6.63%), Vitamin D: 0.91µg (6.05%)